

Chaffee Jr/Sr High Lunch Menu

Fresh Fruits & Vegetable Choices Daily

October
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll Mixed Vegetables Baked Beans</p> <p>Celery Sticks Fresh Apple Diced Pears</p>	<p>4</p> <p>Walking Taco Steamed Corn</p> <p>Salsa Romaine Lettuce Peaches</p>	<p>5</p> <p>BBQ Pulled Pork Sandwich Mashed Potatoes Steamed Green Beans</p> <p>Cantaloupe Mixed Fruit</p> <p>Homemade Brownie</p>	<p>6</p> <p>Italian Stromboli Roasted Zucchini</p> <p>Baby Carrots Fresh Fruit Bar</p>	<p>7</p> <p>Buffalo Chicken Tot Bake French Bread Roasted Broccoli</p> <p>Cherry Tomato Canned Fruit Bar</p>
<p>10</p> <p>NATL SCHOOL LUNCH WEEK</p> <p>Corn Dog Green Beans Spiced Pinto Beans</p> <p>Cucumber Ranch Salad Diced Pears</p>	<p>11</p> <p>Beef & Broccoli Stir Fry Brown Rice Stir Fry Vegetable</p> <p>Romaine Lettuce Cherry Tomato Fresh Orange</p>	<p>12</p> <p>Salisbury Steak Whole Grain Dinner Roll Warm Cinnamon Apples</p> <p>Baby Carrots Cucumber Slices Fresh Fruit Bar</p>	<p>13</p> <p>Popcorn Chicken Bowl Whole Grain Dinner Roll Mashed Potatoes Steamed Corn</p> <p>Fresh Apple Canned Fruit Bar Red/Orange Bell Pepper</p>	<p>14</p> <p>Cheesy Italian Flatbread Garlic & Herb Broccoli</p> <p>Green Pepper Slices Apple Slices</p>
<p>17</p> <p>Hot Turkey & Cheese Sandwich Golden French Fries Baked Beans</p> <p>Red Pepper Strips Pineapple Tidbits</p>	<p>18</p> <p>Spaghetti Rip Stick Breadstick Green Beans</p> <p>Baby Carrots Caesar Salad Diced Pears</p>	<p>19</p> <p>Grilled Cheese Sandwich Homemade Tomato Soup Steamed Peas</p> <p>Cucumber Slices Fresh Fruit Bar</p>	<p>20</p> <p>Totchos Cinnamon Roll Glazed Carrots</p> <p>Broccoli Florets Diced Peaches Fresh Fruit Bar</p>	<p>21</p> <p>Salsa Chicken Bowl</p> <p>Baby Carrots Cauliflower Floret Fresh Apple</p> <p>Chocolate Chip Cookie</p>
<p>24</p> <p>Pancakes Easy Egg Bake Warm Cinnamon Apples</p> <p>Celery Sticks Canned Fruit Bar Garden Salad</p>	<p>25</p> <p>Baked Ham Whole Grain Dinner Roll Roasted Cauliflower</p> <p>Green Pepper Strips Canned Fruit Bar</p>	<p>26</p> <p>Baked Potato Bar Steamed Green Beans</p> <p>Baby Carrots Cherry Tomato Applesauce Fresh Fruit Bar</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>No School</p>
<p>31</p> <p>Parmesan Chicken Bites Buttered Noodles California Blend Vegetable</p> <p>Celery Sticks Cherry Tomato Fresh Fruit Bar</p>				

PRICES

EXTRA INFO

Daily Offerings: Fresh Deli, Pizza, & Nachos
1% White Milk, Skim Chocolate or Skim
Strawberry is included with this meal.
If you have any questions or suggestions
please contact FSD Cassie Wright.
Email: cwright@chaffee.k12.mo.us

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®

