



Colonial Heights Middle School

Lunch Menu

September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5 Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	6 Chili Dog w/ Toppings French Fries French Bread Pizza Cheeseburger	7 Chicken Alfredo Steamed Broccoli Cheese Pizza Sticks Corndog Nuggets	8 Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets
11 Corndog on a Stick & Funnel Cake Bean Variety Cheese Pizza Sticks Cheeseburger	12 French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	13 Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger	14 Salisbury Steak w/ Gravy Seasoned Corn Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	15 Country Chicken Bowl Seasoned Corn Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll
18 Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets	19 Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	20 Chili Dog w/ Toppings French Fries French Bread Pizza Cheeseburger	21 Chicken Alfredo Steamed Broccoli Cheese Pizza Sticks Corndog Nuggets	22 Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets
25 Air Fried Pork Chop Hush Puppy Poppers Bean Variety Corndog Nuggets Cheese Pizza Sticks	26 French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	27 Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger	28 Salisbury Steak w/ Gravy Seasoned Corn Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	29 Country Chicken Bowl Seasoned Corn Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll

CHPS Shops Local!



Smithfield Foods, C.F. Sauer,
 Old Mansion, White House Foods,
 Richmond Restaurant Foods,
 Virginia-Grown apples, sweet corn, peanut
 products, cucumbers & more!



Menu Notes

Students have the choice of a wide variety of fresh fruit and vegetables options daily. Fresh Salads, sandwiches, wraps and other cold entrees are also available on a rotating basis. In the event of a anticipated menu change parents will be notified via social media, students via email.

All Lunches Are Free Of Charge For School Year 23/24

"This Institution is an Equal Opportunity Provider"