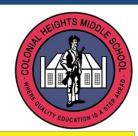


Colonial Heights Middle School Lunch Menu October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets	Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	4 Chili Dog w/ Toppings Onion RIngs French Bread Pizza Cheeseburger	5 Chicken Alfredo Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets
9 Corndog on a Stick & Funnel Cake Bean Variety Cheese Pizza Sticks Cheeseburger	French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger	Salisbury Steak w/ Gravy Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	Country Chicken Bowl Seasoned Corn Cheese Pizza Sticks Corndog Nuggets
Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets	Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	Chili Dog w/ Toppings Onion RIngs French Bread Pizza Cheeseburger	Chicken Alfredo Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets
Air Fried Pork Chop Hush Puppy Poppers Bean Variety Corndog Nuggets Cheese Pizza Sticks	French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	25 Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger	Salisbury Steak w/ Gravy Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	Country Chicken Bowl Seasoned Corn Cheese Pizza Sticks Corndog Nuggets
Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets	Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	VIII	ROWN W	irginia Apples





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"