



Colonial Heights Middle School

Lunch Menu

October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets	3 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	6 Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets
9 Corndog on a Stick & Funnel Cake Bean Variety Cheese Pizza Sticks Cheeseburger	10 French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	11 Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger	12 Salisbury Steak w/ Gravy Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	13 Country Chicken Bowl Seasoned Corn Cheese Pizza Sticks Corndog Nuggets
16 Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets	17 Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	18 Chili Dog w/ Toppings Onion Rings French Bread Pizza Cheeseburger	19 Chicken Alfredo Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	20 Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets
23 Air Fried Pork Chop Hush Puppy Poppers Bean Variety Corndog Nuggets Cheese Pizza Sticks	24 French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich	25 Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger	26 Salisbury Steak w/ Gravy Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll	27 Country Chicken Bowl Seasoned Corn Cheese Pizza Sticks Corndog Nuggets
30 Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets	31 Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich			



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"