








Colonial Heights Public Schools

CHHS Lunch Menu

March 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Eating cucumbers before bed time can help you wake up feeling refreshed and headache-free.</p>	 <p>Apples are more effective in walking you up in the morning than coffee.</p>	 <p>Just 2 bananas will provide you with enough energy for a 90 minute high intensity workout.</p>	 <p>3 carrots give you energy to walk 3 miles. They were first grown as a medicine, not food.</p>	<p>1</p> <p>Beef Nachos Black Beans Cheeseburger Cheese Pizza Sticks</p>
<p>4</p> <p>Fresh Baked Pizza 3 Cheese or Pepperoni Seasoned Corn Spicy Chicken Sandwich Corndog Nuggets</p>		<p>6</p> <p>Spaghetti & Meatballs Garlic Toast Green Beans Spicy Chicken Sandwich Pizza Crunchers</p>	<p>7</p> <p>Chili Dog w/ Toppings French Fry Variety Bean Variety Cheese Pizza Sticks Cheeseburger</p>	<p>8</p> <p>Country Chicken Bowl Steamed Broccoli Spicy Chicken Sandwich Garden Burger Corndog Nuggets</p>
<p>11</p> <p>Pork Barbecue Sandwich French Fry Variety Coleslaw Cheeseburger Cheese Pizza Sticks</p>	<p>12</p> <p>Salisbury Steak Mashed Potatoes Homestyle Greens Spicy Chicken Sandwich Garden Burger</p>	<p>13</p> <p>Chicken Alfredo Pasta Green Beans Cheeseburger Pizza Crunchers</p>	<p>14</p> <p>Ultimate Chicken Sandwich Sweet Potato Fries Lima Beans Garden Burger Corndog Nuggets</p>	<p>15</p> <p>Beef Nachos Black Beans Cheeseburger Cheese Pizza Sticks</p>
<p>18</p> <p>Fresh Baked Pizza 3 Cheese or Pepperoni Seasoned Corn Spicy Chicken Sandwich Corndog Nuggets</p>	<p>19</p> <p>French Toast Sticks & Sausage Tater Tot Rounds Cheeseburger Cheese Pizza Sticks</p>	<p>20</p> <p>Spaghetti & Meatballs Garlic Toast Green Beans Spicy Chicken Sandwich Pizza Crunchers</p>	<p>21</p> <p>Chili Dog w/ Toppings French Fry Variety Bean Variety Cheese Pizza Sticks Cheeseburger</p>	<p>22</p> <p>Country Chicken Bowl Steamed Broccoli Spicy Chicken Sandwich Garden Burger Corndog Nuggets</p>
<p>25</p> <p>Pork Barbecue Sandwich French Fry Variety Coleslaw Cheeseburger Cheese Pizza Sticks</p>	<p>26</p> <p>Salisbury Steak Mashed Potatoes Homestyle Greens Spicy Chicken Sandwich Garden Burger</p>	<p>27</p> <p>Chicken Alfredo Pasta Green Beans Cheeseburger Pizza Crunchers</p>	<p>28</p> <p>Ultimate Chicken Sandwich Sweet Potato Fries Lima Beans Garden Burger Corndog Nuggets</p>	<p>29</p> <p>Beef Nachos Black Beans Cheeseburger Cheese Pizza Sticks</p>

