



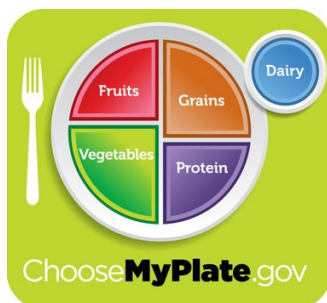
Colonial Heights Middle School

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>Country Chicken Bowl Seasoned Corn Cheese Pizza Sticks Corndog Nuggets</p>
<p>4</p> <p>Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets</p>		<p>6</p> <p>Chili Dog w/ Toppings Onion Rings French Bread Pizza Cheeseburger</p>	<p>7</p> <p>Chicken Alfredo Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll</p>	<p>8</p> <p>Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets</p>
<p>11</p> <p>Air-Fried Pork Chop Hush Puppy Poppers Bean Variety Corndog Nuggets Cheese Pizza Sticks</p>	<p>12</p> <p>French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich</p>	<p>13</p> <p>Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger</p>	<p>14</p> <p>Salisbury Steak w/ Gravy Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll</p>	<p>15</p> <p>Country Chicken Bowl Seasoned Corn Cheese Pizza Sticks Corndog Nuggets</p>
<p>18</p> <p>Pork BBQ W/ Cole Slaw Fry Variety Seasoned Greens Cheese Pizza Sticks Corndog Nuggets</p>	<p>19</p> <p>Spaghetti & Meatballs Green Beans Pepperoni & Cheese Pizzas Spicy Chicken Sandwich</p>	<p>20</p> <p>Chili Dog w/ Toppings Onion Rings French Bread Pizza Cheeseburger</p>	<p>21</p> <p>Chicken Alfredo Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll</p>	<p>22</p> <p>Beef Nachos Black Beans Cheese Pizza Sticks Corndog Nuggets</p>
<p>25</p> <p>Corndog on a Stick & Funnel Cake Bean Variety Cheese Pizza Sticks Cheeseburger</p>	<p>26</p> <p>French Toast Sticks & Sausage Tater Tots Pepperoni & Cheese Pizzas Spicy Chicken Sandwich</p>	<p>27</p> <p>Ultimate Chicken Sandwich French Fries French Bread Pizza Cheeseburger</p>	<p>28</p> <p>Salisbury Steak w/ Gravy Steamed Broccoli Pepperoni & Cheese Pizzas Chicken Tenders w/ Roll</p>	<p>29</p> <p>Country Chicken Bowl Seasoned Corn Cheese Pizza Sticks Corndog Nuggets</p>



"This Institution is an Equal Opportunity Provider"