

# Christian Heritage School

## Grades 1-12

October 2020

Fresh Fruit &  
Fruit Juice, Milk, Water  
Available Daily



		<p>Have a Healthy And Bless Month GOD BLESS</p>	<p>1 Chicken and Vegetable Pot Pie w/ Puff Pastry / Sm Salad Or Lg Salad / Sandwich Assorted Drinks Fresh Fruit</p>	<p>2 Bacon Cheese Pizza Green Beans / Sm Salad Or Lg Salad / Sandwiches Assorted Drinks Fresh Fruit</p>
<p>5 Baked Manicotti w/ Cheese French Bread Sm Salad Or Lg Salad / Sandwich</p>	<p>6 Chicken Stir Fry w/ Vegetables Jasmine Rice / Sm Salad Or Lg Salad / Sandwich</p>	<p>7 Beef -Roni w/ Cheese Garlic Bread Sauté Spinach Sm Salad Or Lg Salad / Sandwich</p>	<p>8 Meat Loaf Red Roasted Potato Sweet Carrots Sm Salad Or Lg Salad / Sandwich</p>	<p>9 Cheese Pizza Chef Medley / Sm Salad Or Lg Salad / Sandwich</p>
<p>12 Columbus Day No school</p>	<p>13 Chicken Patty Parm W/ Pasta Roasted Eggplant Sm Salad Or Lg Salad / Sandwich</p>	<p>14 Pasta w/ Meat sauce or Marinara Cauliflower Sm Salad Or Lg Salad / Sandwich</p>	<p>15 Pulled Pork w/ Cheese Wrap Scallion Rice Cabbage Sm Salad Or Lg Salad / Sandwich</p>	<p>16 Sausage Pizza Roasted vegetables, Sm Salad Or Lg Salad / Sandwich</p>
<p>19 Mac n Cheese w/ Crumb Topping Honey Cornbread Roasted Squash Sm Salad Or Lg Salad / Sandwich</p>	<p>20 Beef Taco, Taco Sweet Corn Sm Salad Or Lg Salad / Sandwich</p>	<p>21 Fettucine Alfredo w/ Bacon Focaccia Bread Sm Salad Or Lg Salad / Sandwich</p>	<p>22 Fried Chicken Sweet Potato Sauté String Beans, Sm Salad Or Lg Salad / Sandwich</p>	<p>23 Cheese Pizza Chef Medley, Sm Salad Or Lg Salad / Sandwich</p>
<p>26 Grill Three Cheese W/ Chips Sm Salad Or Lg Salad / Sandwich</p>	<p>27 Sweet n Sour Chicken Rice, Sm Salad Or Lg Salad / Sandwich</p>	<p>28 Baked Ziti w/ Beef French Bread Roasted Vegetables Sm Salad Or Lg Salad / Sandwich</p>	<p>29 Chicken Steak w/ Cheese Potato Chips Roasted mushrooms Sm Salad Or Lg Salad / Sandwich</p>	<p>30 Pepperoni Pizza Chef Medley Sm Salad Or Lg Salad / Sandwich</p>