

# Christian Heritage School

## Grades K-12

## September 2020

Fresh Fruit &  
Fruit Juice, Milk, Water  
Available Daily



		2	3	4
			Jerk Chicken Jasmine Rice Sauté Cabbage Fresh Fruit Choice Beverage	Cheese Pizza Sauté Spinach Fresh Fruit Choice Beverage
7	8	9	10	11
<b>Labor Day</b>	Baked Mac n Cheese Honey Corn Bread Country Cabbage Fresh Fruit Choice Beverage	B.B.Q. Pulled Chicken Sandwich Confetti Rice Sauté Mushroom Fresh Fruit Choice Beverage	Herb Pork Chops Red Potato Sauté Spinach Fresh Fruit Choice Beverage	Pepperoni pizza Roasted vegetables Fresh Fruit Choice Beverage
14	15	16	17	18
Bake Ziti Garlic bread Roasted Vegetable Fresh Fruit Choice Beverage	Italian Meatloaf Roasted Yukon Potato Sweet Peas Fresh Fruit Choice Beverage	Italian Sweet Sausage Grinder Gluten Free Chips Peppers / Onions Fresh Fruit Choice Beverage	Herb Chicken Mashed potatoes Corn Fresh Fruit Choice Beverage	Cheese pizza Stem Lemon Broccoli Fresh Fruit Choice Beverage
21	22	23	24	25
Cheese Tortellini Alfredo Sauce Garlic Toast Sauté Spinach Fresh Fruit Choice Beverage	Bake Chicken Red Herb Potato Italian Vegetable Fresh Fruit Choice Beverage	Beef burrito Tomato Rice Mexican Corn Fresh Fruit Choice Beverage	Chipotle Pork Loin Mashed Potato w/ Garlic Fresh Thyme Sauté Zucchini Fresh Fruit Choice Beverage	Pizza Pizza w/ Cheese Sauté Mushrooms Fresh Fruit Choice Beverage
28	29	30		
Stuff Shells w/ Mozz Cheese Garlic Toast Grill Vegetable	Turkey Taco's Yellow Rice Sweet Corn Fresh Fruit Choice Beverage	Hot Dogs Bake Potato Chef Vegetable Fresh Fruit Choice Beverage		Daily choices on salad bar Side Salads w/ Dressing Bagels – Cream Cheese