

Christian Heritage School

Grades K-12

October 2021

Fresh Fruit &
Fruit Juice, Milk, Water
Available Daily

				1 Bacon Cheese Pizza Green Beans Assorted Drinks Fresh Fruit
4 Mac n Cheese w/ Crumb Topping Honey Cornbread Roasted Squash Assorted Beverage Fresh Fruit	5 Chicken Pot Pie w/ Puff Pastry Assorted Beverage Fresh Fruit	6 Beef -Roni w/ Cheese Garlic Bread Sauté Spinach Assorted Beverage Fresh Fruit	7 Meat Loaf Red Roasted Potato Sweet Carrots Assorted Beverage Fresh Fruit	8 Cheese Pizza Chef Medley Assorted Drinks Fresh Fruit
11 Columbus Day No school	12 Chicken Parm W/ Pasta Roasted Eggplant Assorted Beverage Fresh Fruit	13 Pasta Meat sauce Marinara Cauliflower Assorted Beverage Fresh Fruit	14 Pulled Pork w/ Cheese Wrap Scallion Rice Sauté Cabbage Assorted Beverage Fresh Fruit	15 Sausage Pizza Roasted vegetables Assorted Beverage Fresh Fruit
18 Baked Manicotti w/ Cheese French Bread Assorted Beverage Fresh Fruit	19 Beef Taco, Taco Sweet Corn Assorted Beverage Fresh Fruit	20 Fettucine Alfredo w/ Bacon Focaccia Bread Assorted Beverage Fresh Fruit	21 Fried Chicken Sweet Potato Sauté String Beans Assorted Beverage Fresh Fruit	22 Cheese Pizza Chef Medley Assorted Beverage Fresh Fruit
25 Grill Three Cheese W/ Chips Assorted Beverage Fresh Fruit	26 Sweet n Sour Chicken Jazzy Rice Assorted Beverage Fresh Fruit	27 Baked Ziti w/ Beef French Bread Roasted Vegetables Assorted Beverage Fresh Fruit	28 Chicken Steak w/ Cheese Potato Chips Roasted Mushrooms Assorted Beverage Fresh Fruit	29 Pepperoni Pizza Chef Medley Assorted Beverage Fresh Fruit