

# Christian Heritage School

## Grades K-12

October 2022

Fresh Fruit &  
Fruit Juice, Milk, Water  
Available Daily

<p style="text-align: right;"><b>3</b></p> <p>Tomato Bisque Mac n Cheese w/ Crumb Topping Honey Cornbread Roasted Squash Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>4</b></p> <p>Cream Of Vegetable George P Infamous Chicken Pot Pie w/ Puff Pastry Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>5</b></p> <p>Sweet n Sour Pork Baked Ziti w/ Ricotta Garlic Bread Sauté Spinach Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>6</b></p> <p>Vegetable Tomato Beef Italian Meat Loaf Red Roasted Potato Sweet Carrots Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>7</b></p> <p style="text-align: center;"><b>No School</b></p>
<p style="text-align: right;"><b>10</b></p> <p style="text-align: center;"><b>Columbus Day No school</b></p>	<p style="text-align: right;"><b>11</b></p> <p>Roasted Vegetables w/ Corn Chicken Parm W/ Pasta Roasted Eggplant Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>12</b></p> <p>Minestrone Pulled Pork w/ Cheese Wrap Scallion Rice Sauté Cabbage Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>13</b></p> <p>Chicken Orzo Pasta Bar Meat sauce Marinara Roasted Cauliflower Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>14</b></p> <p>Split Pea w/ Bacon Cheese Pizza Chef Medley Assorted Drinks Fresh Fruit</p>
<p style="text-align: right;"><b>17</b></p> <p>Navy Bean Baked Manicotti w/ Cheese French Bread Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>18</b></p> <p>Potato w/ Chive Chicken Taco, Taco Cilantro Rice Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>19</b></p> <p>Broccoli Bisque Fettucine Alfredo w/ Bacon Focaccia Bread Sauté Snow Peas Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>20</b></p> <p>October Fest Roasted Stout Pork Loin Dijon Roasted Potato Sauté Green Beans Pretzel Bites w/ Mustard Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>21</b></p> <p>Chicken w/ Rice Sausage Pizza Roasted vegetables Assorted Beverage Fresh Fruit</p>
<p style="text-align: right;"><b>24</b></p> <p>Tomato Wedding Grill Three Cheese w/ Chips Sauté Vegetables Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>25</b></p> <p>Cumin Black Bean Caribbean Chicken Jazzy Rice Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>26</b></p> <p>Beef Thyme w/ Noodle Baked Ziti w/ Beef French Bread Roasted Vegetables Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>27</b></p> <p>Vegetable Noodles Chicken Steak w/ Cheese Non Gluten Potato Chips Roasted Mushrooms Assorted Beverage Fresh Fruit</p>	<p style="text-align: right;"><b>28</b></p> <p>Fish Chowder Cheese Pizza Chef Medley Assorted Beverage Fresh Fruit</p>
<p style="text-align: right;"><b>31</b></p> <p>Cream Of Spinach Pasta w/ Pesto Cream Sweet Peas Garlic Bread Assorted Beverage Fresh Fruit</p>				