

Christian Heritage School

Grades K-12

September 2022

Fresh Fruit &
Fruit Juice, Milk, Water
Available Daily

			1 Vegetable Tomato Chicken Stir Fry Jasmine Rice Fresh Fruit Choice Beverage	2 Roasted Corn Chowder Cheese Pizza Sauté Spinach Fresh Fruit Choice Beverage
5	6 Chicken Noodle Baked Mac n Cheese Honey Corn Bread Country Cabbage Fresh Fruit Choice Beverage	7 Cream Of Broccoli B.B.Q. Pulled Chicken Sandwich Confetti Rice Sauté Mushroom Fresh Fruit Choice Beverage	8 Navy Bean w/ Bacon Herb Pork Chops Red Potato Sauté Spinach Fresh Fruit Choice Beverage	9 Pasta Fagioli Pepperoni pizza Roasted vegetables Fresh Fruit Choice Beverage
Labor Day	12 Cream of Potato Bake Ziti Garlic bread Roasted Vegetable Fresh Fruit Choice Beverage	13 Turkey Noodle Italian Meatloaf Roasted Yukon Potato Sweet Peas Fresh Fruit Choice Beverage	14 Tomato Bisque Italian Sweet Sausage Grinder Gluten Free Chips Peppers / Onions Fresh Fruit Choice Beverage	15 Beef Noodle w/ Thyme Rotisserie Chicken Chives Mashed Potatoes Sweet Corn w/ Roasted Peppers Fresh Fruit Choice Beverage
19	20 Potato Leek Bake Sage Chicken Rosemary Potato Italian Vegetable Fresh Fruit Choice Beverage	21 Chicken Tortilla Beef Burrito Tomato Rice Mexican Corn Fresh Fruit Choice Beverage	22 French Onion w/ Croutons Chipotle Pork Loin Garlic Egg Noodle Fresh Thyme Sauté Zucchini Fresh Fruit Choice Beverage	23 Beef Vegetable Pizza Pizza w/ Cheese Sauté Mushrooms Fresh Fruit Choice Beverage
26	27 Butternut Squash Turkey Taco's Yellow Rice Sweet Corn Fresh Fruit Choice Beverage	28 Chicken w/ Rice Hot Dogs Non Gluten Chips Bbq Baked Beans Fresh Fruit Choice Beverage	29 Vegetable Noodle Pasta Bar Alfredo Sauce / Meat Sauce French Bread Fresh Fruit Choice Beverage	30 Turkey, Spinach Pizza Pizza w/ Cheese Sauté Mushrooms Fresh Fruit Choice Beverage