

# October 2020

# CHATTOOGA HIGH SCHOOL

## LUNCH



**Cafeteria Manager, Debbie Mitchell**

Happy Fall!



**Nutrition Tip:** Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

USDA is an equal opportunity provider, employer, and lender. Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



BBQ Sandwich OR  
Cheese sticks w/ marinara  
Potato Salad  
Baked Beans  
Fruit  
Choice of Milk

Chicken Sandwich OR  
Big Salad Plate  
Fries  
Snack Carrots  
Fruit  
Choice of Milk

**VIRTUAL LEARNING DAY** 5  
Meal Delivery 11 AM-12PM  
OR  
Meal Pick Up 12PM-1PM

Cheesy Bites OR  
Ravioli w/ breadsticks  
Salad  
Carrots w/ Dip  
Fruit  
Choice of Milk

Burrito OR Taco 7  
Refried Beans  
Corn  
Diced tomatoes and lettuce  
Fruit  
Choice of Milk

Cheese sticks w/ marinara 8  
OR PB&J Sandwich  
Broccoli w/ cheese  
Sweet Potato Tots  
Fruit  
Choice of Milk

Chicken Sandwich OR 9  
Fish Sandwich  
Fries  
Baked Beans  
Fruit  
Choice of Milk

12  
**FALL BREAK**

13  
**FALL BREAK**

14  
**FALL BREAK**

15  
**FALL BREAK**

16  
**FALL BREAK**

**VIRTUAL LEARNING DAY** 19  
Meal Delivery 11 AM-12PM  
OR  
Meal Pick Up 12PM-1PM

Chicken Bites OR Corndog 20  
Green Beans  
Mashed Potatoes  
Roll  
Fruit  
Choice of Milk

Cheeseburger or Hotdog 21  
Slaw/Lettuce/Tomato  
Chips  
Baked Beans  
Fruit  
Choice of Milk

Pizza OR Spaghetti 22  
Salad  
Corn  
Fruit  
Choice of Milk

Chicken Sandwich OR 23  
Fish Sticks w/ hushpuppies  
Fries  
Lettuce/Tomato  
Carrots w/ dip  
Fruit and Choice of Milk

**VIRTUAL LEARNING DAY** 26  
Meal Delivery 11 AM-12PM  
OR  
Meal Pick Up 12PM-1PM

BBQ Sandwich OR 27  
Steak Sandwich  
Potato Salad  
Baked Beans  
Slaw  
Fruit & Choice of Milk

Chicken Nuggets OR 28  
Steak Nuggets  
Blackeye Peas  
Mashed Potatoes  
Fruit  
Choice of Milk

Popcorn Chicken OR 29  
Meatloaf  
Green Beans  
Glazed Carrots  
Fruit  
Choice of Milk

Cheesy Bites OR 30  
PB&J Sandwich  
Salad  
Corn  
Fruit  
Choice of Milk