

September 2020

CHATTOOGA HIGH SCHOOL

LUNCH



Cafeteria Manager, Debbie Mitchell

Join us for lunch! Now offering salad plates!



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

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



Monday

Tuesday

Wednesday

Thursday

Friday

1

Cheesy Bites w/ Marinara
OR Ravioli w/ breadstick
Salad
Sweet Potatoes
Fruit & Choice of Milk

Chili w/ PB&J
Chips
Snack Carrots w/ Dip
Fruit
Choice of Milk

Burrito OR Taco
Refried Beans
Corn
Lettuce/Tomato
Fruit & Choice of Milk

Chicken Sandwich OR
Fish Sandwich
Fries & Baked Beans
Lettuce/Tomato
Fruit & Choice of Milk

7
Pizza OR Spaghetti w/ Roll
Salad
Corn
Fruit
Choice of Milk

8
Chicken Bites OR
Corndog
Green Beans & Roll
Mashed Potatoes
Fruit & Choice of Milk

9
Cheeseburger OR Hotdog
Chips
Lettuce/Tomato
Baked Beans
Fruit & Choice of Milk

10
Cheese sticks OR PB&J
Salad
Carrots w/ dip
Fruit
Choice of Milk

11
Chicken Sandwich OR
Fish Sticks w/ hushpuppies
Fries
Lettuce/Tomato
Baked Beans & Fruit
Choice of Milk

14
Pizza
Corn & Salad
OR
Grilled Chicken Salad Plate
Fruit & Choice of Milk

15
BBQ Sandwich OR
Steak Sandwich
Chips
Potato Salad & Baked Beans
Fruit & Choice of Milk

16
Chicken Nuggets OR
Steak Sandwich
Black-eyed Peas
Okra
Fruit & Choice of Milk

17
Cheeseburger OR Corndog
Fries
Baked Beans
Glazed Carrots
Fruit & Choice of Milk

18
Chicken Tenders OR
Steak Nuggets
Roll & Cream Potatoes
Green Beans
Fruit & Choice of Milk

21
Deli Ham & Cheese
Sandwich OR PB&J
Chips
Carrots w/ dip
Fruit & Choice of Milk

22
Pizza OR Lasagna
Salad
Sweet Potato Tots
Fruit
Choice of Milk

23
Popcorn Chicken OR
Catfish w/ hushpuppies
Roll & Green Beans
Broccoli w/ cheese
Fruit & Choice of Milk

24
Hotdog OR Cheeseburger
Fries
Slaw
Fruit
Choice of Milk

25
Chicken Sandwich OR
Fish Sandwich
Fries & Lettuce/Tomato
Baked Beans
Fruit & Choice of Milk

28
Popcorn Chicken
Mashed Potatoes
Glazed Carrots
Fruit
Choice of Milk

29
Vegetable Soup
PB&J
Crackers
Carrots
Fruit & Choice of Milk

30
Cheesy Bites w/ Roll OR
Turkey Sub w/ chips
Salad
Corn
Fruit & Choice of Milk

