



OCTOBER 2021 MENU

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL

Available for breakfast everyday: Bagels, assorted breakfast sandwiches, assorted cereals, Benefit bars, yogurt, whole grain blueberry muffin., assorted juice, fresh fruit and milk.
 Available for lunch every day: tossed salad with chicken and cheese, grab and go lunches, and peanut butter and jelly.

MENU SUBJECT TO CHANGE

				OCT. 1 Cheese pizza Whole grain crust Cucumber salad Dried cranberries M-Fat free choc, 1% or skim
OCT. 4 Fresh roasted turkey sandwich Whole grain roll Sunchips Fruit M-fat free choc.,1% or skim	OCT. 5 Pulled pork nachos with cheese Whole grain tortillas Salsa, sour cream Fruit M-Fat free choc, 1% or skim	OCT. 6 Chef salad with ham/turkey, cheese, cukes Whole grain roll Fruit M-Fat free choc, 1% or skim	OCT. 7 Buffalo chicken sandwich with cheese Whole grain roll Black bean/corn salad Fruit, M-Fat free choc, 1% or skim	OCT. 8 NO SCHOOL CONFERENCE DAY
OCT. 11 NO SCHOOL <i>National School Lunch week</i> <i>Students voted and picked the menu for the rest of the week.</i> <i>These are the winners!!</i>	OCT. 12 Popcorn chicken Whole grain roll FF Fresh, crunchy apple M-Fat free choc, 1% or skim	OCT. 13 Tacos with cheese, salsa, sour cream Whole grain tortillas Bean salad Fruit M-Fat free choc, 1% or skim	OCT. 14 Breakfast for lunch: French toast bites Sausage links Sweet potato fries Applesauce M-Fat free choc, 1% or skim	OCT. 15 Chicken wing or cheese pizza Whole grain crust Salad Mixed fruit M-fat free choc.,1% or skim
OCT. 18 Beef stroganoff Whole grain roll Egg noodles Steamed carrots Fruit M-Fat free choc, 1% or skim	OCT. 19 Chicken/cheese Caesar wraps Whole grain tortillas Baked lays Fruit M-Fat free choc, 1% or skim	OCT. 20 Mac and cheese Whole grain roll Steamed green beans Fruit M-Fat free choc, 1% or skim	OCT. 21 Herb roasted chicken Whole grain roll Baked potato Fruit M-Fat free choc, 1% or skim Banana benefit bar	OCT. 22 Chili with beans and cheese Whole grain corn muffin Fresh fruit M-Fat free choc, 1% or skim
OCT. 25 Hotdog/chili cheese dog Whole grain bun Baked beans M-Fat free choc, 1% or skim	OCT.26 Deli day with turkey, ham or tuna Whole grain bread Pickles, cuke salad Fat free choc, 1% or skim milk	OCT.27 Baked ziti Whole grain roll Salad fruit Fat free choc, 1% or skim milk	OCT. 28 Chicken/cheese nachos Whole grain tortillas Bean salad Fruit M-fat free choc., 1% or skim	OCT. 29 Chz/pepperoni pizza Whole grain crust Carrot sticks Fruit M-fat free choc.,1% or skim