



SEPTEMBER 2021 MENU

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL

OFFER VS. SERVE:

CAFETERIA MUST OFFER ALL 5 MEAL COMPONENTS:

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE & AT LEAST 2 OTHER COMPONENTS (TOTAL OF 3)
 STUDENTS MAY CHOOSE UP TO ALL 5 COMPONENTS. 9-12 GRADES MAY CHOOSE 2 FRUITS & 2 VEGETABLES
 SALAD BAR WITH GRILLED CHICKEN, YOGURT/CHEESESTICK OR PBJ AVAILABLE EVERYDAY
 MENU SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
		<i>SEPT 1</i>	<i>SEPT 2</i>	<i>SEPT 3</i>
		Conference Day No students	Conference Day No Students	
<i>SEPT 6</i>	<i>SEPT 7</i>	<i>SEPT 8</i>	<i>SEPT 9</i>	<i>SEPT 10</i>
Labor Day No School	Chicken stir fry Steamed brown rice Broccoli and carrots Juicy orange wedges Fortune cookie Milk- Fat free choc or 1%	Ham or turkey sandwich Whole grain bun Fresh cucumber salad Crunchy apple Sunchips Milk- Fat free choc or 1%	BBQ chicken sandwich Whole grain bun Herb roasted potatoes Fresh pear Milk-Fat free choc or 1%	National Hotdog day Whole gran bun Baked beans Watermelon Milk-Fat free choc or 1%
<i>SEPT 13</i>	<i>SEPT 14</i>	<i>SEPT 15</i>	<i>SEPT 16</i>	<i>SEPT 17</i>
Pulled pork nachos with cheddar cheese Whole grain tortillas Crisp Romaine salad Applesauce Milk-Fat free choc or 1%	Herb roasted chicken Whole grain roll Baked potato Pears Milk-Fat free choc or 1%	Tuna/egg salad sandwich Whole grain bread Cucumbers/black olives Baked lays Peaches Milk-Fat free choc or 1%	Fajita chicken with cheese, salsa, sour cream Steamed brown rice Black bean/corn salad Juicy orange wedges Milk-Fat free choc or 1%	Cheese/pepperoni pizza Whole grain crust Crunchy carrots Blueberries Milk-Fat free choc or 1%
<i>SEPT 20</i>	<i>SEPT 21</i>	<i>SEPT 22</i>	<i>SEPT 23</i>	<i>SEPT 24</i>
Chicken parm sandwich with marinara Whole grain bun Steamed broccoli Mixed fruit Milk-Fat free choc or 1%	Hamb/cheeseburger Whole grain bun Three bean salad Pickles, lettuce Fresh fruit Milk- Fat free choc or 1%	Baked penne with beef, cheese and marinara Whole grain bun Steamed carrots Crunchy apple Milk-Fat free choc or 1%	Salad with grilled chicken, cheese, olives, cucumbers, peppers Warm pita bread Juicy orange slices Milk- Fat free choc or 1%	Breakfast for lunch Breakfast burrito with sausage, egg and cheese Roasted potatoes Apple sauce Milk-Fat free choc or 1%
<i>SEPT 27</i>	<i>SEPT 22</i>	<i>SEPT 29</i>	<i>SEPT 30</i>	
Mac and cheese Whole grain roll Steamed broccoli Fresh fruit Milk-Fat free choc or 1%	Meatball sub with cheese Whole grain bun Crunchy carrot sticks Mixed fruit Milk-Fat free choc or 1%	Turkey pot pie with peas and carrots Homemade biscuit Steamed green beans Crisp apple slices Milk-Fat free cho or 1%	Chicken/cheese quesadilla Whole grain tortilla Salsa, and sour cream Fiesta black beans Peaches Milk-Fat free choc or 1%	