## CHS JR/SR High JAN Menu 2024

WG Corn Dog CN Chicken Quesadilla Fresh A Canned fruit Fresh Veggles 1% white milk or nonfat choc  8 9 WG Pizza WG Pizza Fresh & Canned fruit Fresh Veggles 1% white milk or nonfat chocolate 8 WG Pizza Fresh & Canned fruit Fresh Veggles 1% white milk or nonfat chocolate 1% white milk or nonfat choc 1% wh	1	NO SCHOOL	2	3	4	5
Chicken Quesadilla Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat choc 1% white milk or nonfat chocolate 1% white milk or nonfat choc 1% white milk or nonfat chocolate 1% white milk or non	1	NO SCHOOL			_	
Fresh & Canned fruit Fresh Veggles 1% white milk or nonfat choc  8 9 WG Bean /Cheese Burrito Presh & Canned fruit Fresh & Canned fruit		Happy		·		
Fresh Veggies 1% white milk or nonfat choc 1% white milk or nonfat chocolate 1% white milk or nonfat choc 1% white m						
1% white milk or nonfat choc  1% white milk or nonfat chocolate  22  NO SCHOOL  10  10  10  11  11  12  WG Pizza  Chicken Tenders CN  WG Pizza  Chicken Tenders CN  WG Conn Dog  Chicken Tenders CN  WG Pizza  Chicken Tenders Presh & Canned fruit  Fresh & Canned fruit  Fr						
WG Taquitos WG Bean /Cheese Burrito WG Gran Dog Presh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat choc  22  NO SCHOOL  10  10  10  10  10  10  10  10  10  1		Product				
9 WG Faquitos WG Bean /Cheese Burrito WG Grilled Cheese w/tomato soup WG Pizza WG Pizza WG Pizza WG Pizza WG Corn Dog Chicken Tensh & Canned fruit Fresh & C			1% white milk of nontal choc	1% white milk or nontat chocolate		1% white milk or nontat choc
WG Taquitos Popcor Chicken Cheese Burger WW Bun Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggles Fresh Veggles Tresh Veggles Tresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggles Tresh Veggles Tresh Veggles Tresh Veggles Tresh & Canned fruit Fresh & Canned fruit Fresh Veggles Tresh Veggles						
Proposition Chicken Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat choc 22  NO SCHOOL  23  NO SCHOOL  10  10  11  10  11  11  11  18  19  19  10  10  10  11  10  11  11  18  19  10  10  10  10  11  10  11  11  11	8					
Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggles 1% white milk or nonfat choc 1% white milk or nonfat ch	WG Taqui	itos	WG Bean /Cheese Burrito	WW Grilled Cheese w/tomato soup	WG Pizza	WG Pizza
Fresh Veggles 1% white milk or nonfat choc 22  NO SCHOOL  Tater Tot Beef Cheese Casserole Yogurl Basket String Cheese Fresh & Canned fruit Fresh Veggles 1% white milk or nonfat chocolate 1% whi	Popcorn (	Chicken	<u>.</u>	WG Corn Dog	Chicken Tenders CN	WG Chicken Tenders
1% white milk or nonfat choc  26  27  28  28  29  29  29  29  29  29  29  20  20  21  22  23  24  25  25  26  26  26  26  26  26  26  26	Fresh & C	canned fruit	Fresh & Canned fruit	Fresh & Canned fruit	Fresh & Canned fruit	Fresh & Canned fruit
15 NO SCHOOL  MOZZ STICKS Cheese Burger WW Bun Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  22  NO SCHOOL	Fresh Vec	ggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
Mozz Sticks Cheese Burger WW Bun Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  22 NO SCHOOL Tater Tot Beef Cheese Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  24 NO SCHOOL Tater Tot Beef Cheese Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  25 NO SCHOOL Tater Tot Beef Cheese Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  26 NO SCHOOL Tater Tot Beef Cheese Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  27 NO SCHOOL Tater Tot Beef Cheese Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  27 NO SCHOOL Tater Tot Beef Cheese Tot Beef Nachos Tresh & Canned fruit Fresh & Canned fruit Fresh Veggies Tresh Veggies	1% white	milk or nonfat choc	1% white milk or nonfat choc	1% white milk or nonfat choc	1% white milk or nonfat choc	1% white milk or nonfat choc
Cheese Burger WW Bun Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  22  NO SCHOOL  Tater Tot Beef Cheese Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  Fresh Veggies 1% white milk or nonfat chocolate  24  Fish Sticks CN Cheese Burger WW Bun Yogurt Basket String Cheese Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  Chicken Burger WW Bun WG Fish Sticks Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  Chicken Burger WW Bun WG Fish Sticks Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  Chicken Burger WW Bun WG Fish Sticks Fresh & Canned fruit Fresh Veggies	15	NO SCHOOL	16	17	18	19
Fresh & Canned fruit		MARTIN LUTHER KING DAY	Mozz Sticks	Ham Cheese Hoagie	Corn Dog CN	WG Pizza
Fresh Veggies 1% white milk or nonfat chocolate 22  NO SCHOOL  Tater Tot Beef Cheese Casserole Yogurt Basket String Cheese Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate 1% Wide milk or nonfat chocolate 1% white mi			Cheese Burger WW Bun	Chicken Alfredo	PBJ /String Cheese	WG Fish Sticks
1% white milk or nonfat chocolate 1% whi			Fresh & Canned fruit	Fresh & Canned fruit	Fresh & Canned fruit	Fresh & Canned fruit
22 23 25 26  NO SCHOOL Tater Tot Beef Cheese Casserole Yogurt Basket String Cheese Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate 1% white milk or nonfat			Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
NO SCHOOL Tater Tot Beef Cheese Casserole Yogurt Basket String Cheese Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  30 WG Corn Dog CN Chicken Quesadilla Fresh & Canned fruit Fresh Veggies Fresh Veggies Fresh Veggies			1% white milk or nonfat chocolate	1% white milk or nonfat chocolate	1% white milk or nonfat choc	1% white milk or nonfat choc
Yogurt Basket String Cheese Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  30 WG Corn Dog CN Chicken Quesadilla Fresh & Canned fruit Fresh Weggies 1% white milk or nonfat chocolate 1% white milk or	22		23	24	25	26
Fresh & Canned fruit Fresh Veggies 1% white milk or nonfat chocolate  30 WG Corn Dog CN Chicken Quesadilla Fresh & Canned fruit Fresh Veggies Fresh Veggies		NO SCHOOL	Tater Tot Beef Cheese Casserole	Fish Sticks CN	Cheese Burger WW Bun	WG Pizza
Fresh Veggies 1% white milk or nonfat chocolate 1% white milk or nonfat ch			Yogurt Basket String Cheese	WG Taquitos	PBJ String Cheese	Beef Nachos
1% white milk or nonfat chocolate 1% white milk or nonfat chocolate 1% white milk or nonfat choco 1% white milk or nonfat choc 1% wh			Fresh & Canned fruit	Fresh & Canned fruit	Fresh & Canned fruit	Fresh & Canned fruit
30 31 WG Corn Dog CN WW Grilled Cheese w/tomato soup Chicken Burger WW Bun Chicken Quesadilla Grilled Chicken Salad WG Pizza Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies Fresh Veggies			Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
WG Corn Dog CN  WW Grilled Cheese w/tomato soup Chicken Burger WW Bun  WG Pizza  Fresh & Canned fruit  Fresh & Canned fruit  Fresh Veggies  Fresh Veggies  Chicken Burger WW Bun  WG Pizza  Fresh & Canned fruit  Fresh & Canned fruit  Fresh Veggies			1% white milk or nonfat chocolate	1% white milk or nonfat chocolate	1% white milk or nonfat choc	1% white milk or nonfat choc
Chicken Quesadilla Grilled Chicken Salad WG Pizza Fresh & Canned fruit Fresh & Canned fruit Fresh & Canned fruit Fresh Veggies Fresh Veggies	29		30	31		
Fresh & Canned fruit Fresh Veggies Fresh Veggies Fresh Veggies Fresh Veggies	WG Corn	Dog CN	WW Grilled Cheese w/tomato soup	Chicken Burger WW Bun		
Fresh Veggies Fresh Veggies Fresh Veggies	Chicken Quesadilla		Grilled Chicken Salad	WG Pizza		
	Fresh & Canned fruit		Fresh & Canned fruit	Fresh & Canned fruit		
1% white milk or nonfat choc 1% white milk or nonfat chocolate 1% white milk or nonfat chocolate	Fresh Veg	ggies	Fresh Veggies	Fresh Veggies		
	1% white	milk or nonfat choc	1% white milk or nonfat chocolate	1% white milk or nonfat chocolate		

\*Students must take THREE components (Grain, Protein, Fruit, Vegetable, Milk) \*One item must be a Fruit or Veggie
1% white milk & fat free milk offered, Fruit & veggies served with all meals. Menu subject to change based upon product availability.

This institution is an equal opportunity provider.