

K-12 BREAKFAST AND LUNCH MENU

# SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Biscuit Cinnamon Toast Crunch Bar V Fresh Banana Fruit Juice Milk  Mega Meatball w/Garlic Toast Mac & Cheese w/Garlic Toast V Pizza Kit VA PB&J V Lima Beans Carrot Souffle Capri Sun Assorted Fresh Fruit Milk
4	5 Cinnamon Apple Toast V Apple & Cherry Frudel Bars V Applesauce Cup Fruit Juice Milk  Pizza VA Chat-Ham Hoagie Deli Lunch Box VA PB&J V Sweet Potatoes Cool Tropics Juice Slushie Peach Cup Fuji Apple Milk	6 Sausage Biscuit Cinni Mini V Fresh Orange Slices Fruit Juice Milk  Dill Chicken Nuggets w/Roll Large Garden Salad V Charcuterie Box VA PB&J V Mashed Potatoes Small Garden Salad Rainbow Fruit Cup Assorted Fresh Fruit Milk	7 French Toast Sticks V Strawberry Bagel Bar V Fresh Apple Slices Fruit Juice Milk  Beef Nachos Vegetarian Nachos V Apple Dippers Box V PB&J V Pinto Beans Salsa Mixed Fruit Cocktail Assorted Fresh Fruit Milk	8 Chicken Biscuit Cinnamon Toast Crunch Bar V Fresh Banana Fruit Juice Milk  Hot Dog w/Slaw & Chili Cheeseburgers/Black Bean Burger V Pizza Kit VA PB&J V French Fries Cole Slaw Capri Sun Assorted Fresh Fruit Milk
11	12 Fruity Belgian Waffle V Apple & Cherry Frudel Bars V Applesauce Cup Fruit Juice Milk  French Toast Sticks w/Sausage Links Chat-Ham Hoagie Deli Lunch Box VA PB&J V Potato Roasters Veggie Juice Strawberry Cup Gala Apple Milk	13 Sausage Biscuit Cinni Mini V Fresh Orange Slices Fruit Juice Milk  Chicken Sandwich Large Garden Salad V Charcuterie Box PB&J V Corn Small Garden Salad Applesauce Cup Assorted Fresh Fruit Milk	14 Breakfast Pizza Strawberry Bagel Bar V Fresh Apple Slices Fruit Juice Milk  ACP w/Rice Vegetarian Nachos V Purple Power Wrap V PB&J V Fiesta Black Beans Salsa Tropical Mixed Fruit Assorted Fresh Fruit Milk	15 Chicken Biscuit Cinnamon Toast Crunch Bar V Fresh Banana Fruit Juice Milk  BBQ w/Hushpuppies Mac & Cheese w/Hushpuppies V Pizza Kit VA PB&J V Baked Beans Cole Slaw Capri Sun Assorted Fresh Fruit Milk
18	19 Cinnamon Apple Toast Frudel Bars (both Apple & Cherry) Applesauce Cup Fruit Juice Milk  Pizza VA Chat-Ham Hoagie Deli Lunch Box VA PB&J V Broccoli w/Cheese Orange Medley Juice Peach Cup Golden Delicious Apple Milk	20 Sausage Biscuit Cinni Mini V Fresh Orange Slices Fruit Juice Milk  Waffle Battered Nuggets w/Syrup Large Garden Salad V Charcuterie Box VA PB&J V Tater Tots Small Garden Salad Strawberry Applesauce Cup Assorted Fresh Fruit Milk	21 French Toast Sticks V Strawberry Bagel Bar V Fresh Apple Slices Fruit Juice Milk  Enchiladas Vegetarian Nachos V Apple Dippers Box V PB&J V Pinto Beans Salsa Mixed Fruit Cocktail Assorted Fresh Fruit Milk	22 No School
25	26 Fruity Belgian Waffle V Apple & Cherry Frudel Bars Applesauce Cup Fruit Juice Milk  Garlic French Bread Pizza V Chat-Ham Hoagie Deli Lunch Box VA PB&J V Corn Orange Medley Juice Mandarin Oranges Red Delicious Apple Milk	27 Sausage Biscuit Cinni Mini V Fresh Orange Slices Fruit Juice Milk  Chicken Sandwich Large Garden Salad V Charcuterie Box VA PB&J V Roasted Okra Small Garden Salad Fruit Explosion Assorted Fresh Fruit Milk	28 Breakfast Pizza Strawberry Bagel Bar V Fresh Apple Slices Fruit Juice Milk  Fajitas w/Peppers & Onions Vegetarian Nachos V Purple Power Wrap VA PB&J V Seasoned Black Beans Salsa Mango Cup Assorted Fresh Fruit Milk	29 Chicken Biscuit Cinnamon Toast Crunch Bar V Fresh Banana Fruit Juice Milk  Mega Meatball w/Garlic Toast Mac & Cheese w/Garlic Toast V Pizza Kit VA PB&J V Lima Beans Carrot Souffle Capri Sun Assorted Fresh Fruit Milk

**Meal Time Information**

Breakfast is at no cost to students for the 2023-2024 School Year.  
 Second Breakfast will be offered at all High Schools daily in the cafeteria. Meal times may vary at each CCS high school.  
 Breakfast includes: Entrée, fruits & unflavored milk.  
 Breakfast Items Offered Daily: Assorted Muffins, Cereals, Pop Tarts, Yogurt & Fruit Parfaits

Lunch includes: Entrée with grain/bread, vegetable, fruit & unflavored milk

V Symbolizes the daily vegetarian entree options. VA Symbolizes a vegetarian entree option is available.

\*Menu selection is subject to change at any time.

Meal Prices  
 Breakfast: \$0.00  
 Lunch: \$4.00  
 Adults: A la Carte Pricing

PHONE  
 919.542.6600

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