



CHS Lunch

# January 2018

## InSeason! Oranges

Oranges are an excellent source of Vitamin C and Dietary Fiber.



In addition, oranges are a good source of B Vitamins including Vitamin B1, Pantothenic Acid, and Folate as well as Vitamin A, Calcium, Copper and Potassium.

### Announcements

All menus are subject to change due to availability

Signing up for ezschooldpay is fast and easy. To get started call 480-987-5312

USDA is an equal opportunity provider and employer

### Meal Prices

\$.40 Reduced  
 \$3.40 Paid  
 Adult: \$3.40  
 Pre- Ordered Teacher: \$4.40

A La Carte: \$0.50-\$2.25

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

02

03

04

05

08  
 Sausage Pizza  
 Chicken Patty Sandwich  
 Shrimp Poppers  
 Deli Sandwich  
 PBJ Pack  
 Popcorn Chicken Salad

09  
 Pulled Pork Sandwich  
 Ham & Cheese Pretzel Roll  
 Bean Burrito w/ chips  
 Sweet Thai Chicken w/ rice  
 Protein Pack  
 Grilled Chicken Caesar Salad

10  
 Cheeseburger  
 Hot Dog  
 Ravioli w/ marinara  
 Egg Salad Sandwich  
 PBJ Pack  
 Southwest Chicken Salad

11  
 Cheese Pizza  
 Spicy Chicken Sandwich  
 Chicken Nuggets  
 Greek Salad  
 Protein Pack  
 Chicken Salad Sandwich

12  
 Sloppy Joes  
 Cheese Breadsticks w/ marinara  
 Turkey Wrap  
 PBJ Pack  
 Garden Salad  
 Chicken Potato Bowl

15

16

17  
 Bean Burrito w/ chips  
 Pepperoni Pizza  
 Spicy Chicken Sandwich  
 PBJ Pack  
 Sandwich Combo  
 Popcorn Chicken Salad

18  
 French Dip w/ Au Jus  
 Fiesta Chili Bowl  
 Cheeseburger  
 Turkey Wrap  
 Protein Pack  
 Grilled Chicken Caesar Salad

19  
 Spicy Chicken Sandwich  
 Pork Taco  
 Chicken Nuggets  
 PBJ Pack  
 Egg Salad Sandwich  
 Garden Salad

22  
 Pepperoni Pizza  
 Shrimp Poppers  
 Sriracha Chicken w/ rice  
 Deli Sandwich  
 PBJ Pack  
 Garden Salad

23  
 Cheese Enchiladas  
 Cheeseburger  
 Cheese Stuffed Breadsticks w/ marinara  
 Strawberry Summer Salad  
 Ham & Cheese Pretzel Roll  
 Protein Pack

24  
 3 Bean Chili Bowl  
 Spicy Chicken Sandwich  
 Cheese Pizza  
 Turkey Sub  
 PBJ Pack  
 Grilled Chicken Caesar Salad

25  
 Cheese Pizza  
 Bean Burrito w/ chips  
 Pork Rib Sandwich  
 Greek Salad  
 Egg Salad Sandwich  
 Protein Pack

26  
 Pork Egg Rolls  
 Spicy Chicken Sandwich  
 Chicken Nuggets  
 Turkey Sandwich  
 PBJ Pack  
 Popcorn Chicken Salad

29  
 Pepperoni Pizza  
 Chicken Patty Sandwich  
 Cheese Breadsticks/ w/ marinara  
 PBJ Pack  
 Sandwich Combo  
 Carnitas Salad

30  
 Corn Dog  
 Chicken Potato Bowl  
 French Dip w/ Au Jus  
 Egg Salad Sandwich  
 Protein Pack  
 Cobb Salad

31  
 Chicken Alfredo  
 Fish Sandwich  
 Spicy Chicken Sandwich  
 Chicken Tender Wrap  
 PBJ Pack  
 Chef Salad