Cesar Chaves HS Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	Popcorn Chicken w/ Corn Bread	BBQ Beef Meatballs	Asian Chicken w/ Brown Rice	
	or: Texas Chili w/ Cornbread or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Philly Steak & Cheese Sub	or: Breaded Chicken Patty on WW Bun or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Seasoned Corn	or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Beef Sloppy Joe on WW Bun or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)	
	Potato Wednes 1	Fresh Apple slices 2	Oriental Vegetable Blend	4 No School
WG Pizza Slice	Chicken Fajita with Tortilla	Walking Taco w/ WG Corn Chips	Chicken Nuggets w/Macaroni & Cheese	WG Mini Corn Dogs
Romaine w/ Dressing Diced Peaches 1% White or 1% Chocolate Milk	or: Breaded Chicken Patty on WW Bun or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Philly Steak & Cheese Sub Marvelous Mixed Veggies	or: Salad with Chicken & Cheese	or: Beef Hot Dog on WW Bun or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) Baby Carrots w/ Ranch	or: Texas Chili w/ Cornbread or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Baked Beans Mandarin Orange Cup
7	8	9	10	11
WG Pizza Slice	Beef & Cheese Nachos w/	Breaded Chicken Patty on	All-American Hamburger on	Chicken Penne w/ WG
Baby Carrots w/ Ranch Diced Peaches 1% White or 1% Chocolate Milk	WG Corn Chips or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Beef Sloppy Joe on WW Bun or: Philly Steak & Cheese Sub Tossed Salad with Ranch	WW Bun or: Texas Chili w/ Cornbread or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tornatoes or: Turkey Ham and Swiss Sub Peas & Carrots Fresh Apple	WW Bun or: Beef Hot Dog on WW Bun or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) Baked Beans	Breadstick or: Breaded Chicken Patty on WW Bun or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Steamed Broccoli Strawherry Pineannle Grane Peach
14 Valentine's Day	15	16	17	18
	WG Pizza Slice	Texas Chili w/ Cornbread	Chicken & Rice Casserole	Chicken Strips & Waffle
	Baby Carrots w/ Ranch Diced Peaches 1% White or 1% Chocolate Milk	or: Breaded Chicken Patty on WW Bun or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Seasoned Corn Fruit mix	or: Texas Chili w/ Cornbread or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) Steamed Broccoli	or: Beef Hot Dog on WW Bun or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Baby Carrots w/ Ranch Mixed Fruit Cup
No School	22	23	24	25
WG Pizza Slice				
Baby Carrots w/ Ranch Fresh Apple 1% White or 1% Chocolate Milk				
28				



Thought for Thought

The art of being wise is the art of knowing what to overlook. - William James ['Principles of Psychology', 1890]

Tips & Information

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"or:" = An alternative selection to choose. "WG"=Whole Grain 1% White & 1%Chocolate Milk available daily.



Menu Subject to Change