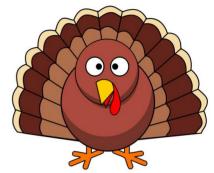
Cesar Chaves HS Lunch





Thought for Thought

Experience is a good school. - Heinrich Heine

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients- Vitamin C. Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

11/1/2021 9:47:37 AM

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



Menu Subject to Change