




Cordova School lunch menu

PROUDLY BROUGHT TO *The Cordova Times* BY



October CHS Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All students must have AT LEAST 1/2 cup fruits or vegetables with each meal				
	BREAKFAST 1 French Toast Sausage/Fruit/Milk LUNCH Chicken Alfredo/ Steamed Broccoli/ Fruit & Veggie Bar/ Milk -Ham and Cheese	BREAKFAST 2 Bagel/cream cheese/ Yogurt/Fruit/Milk LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar Brownie/Fruit /Milk	BREAKFAST 3 Biscuits & Gravy Fruit/Milk LUNCH Chili and Cheese Nacho's/Corn/Fruit & Veggie Bar/ Milk	BREAKFAST 4 Cereal/Yogurt/Fruit Juice/Milk LUNCH Pulled Pork Sandwich/ French Fries/Fruit & Veggie Bar/Milk
BREAKFAST 7 Cheese Omelet/Toast Fruit/Milk LUNCH Cheese Burger Macaroni/ Green Beans/Fruit & Veggie Bar/ Milk -Italian Sub	BREAKFAST 8 Egg Ham and Cheese Muffin/ Yogurt/Fruit/Milk LUNCH Grilled Cheese/ Tomato Soup/Fruit & Veggie Bar/ Milk	BREAKFAST 9 Cinnamon Roll/ Yogurt/Fruit/Milk LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar Cookie/Fruit /Milk	BREAKFAST 10 Biscuits & Gravy Fruit/Milk LUNCH Crispy CR Salmon Fingers or Teriyaki Salmon/Fruit & Veggie Bar/ Milk	BREAKFAST 11 Cereal/Yogurt/Fruit Juice/Milk LUNCH Chicken Burger/French Fries/ Fruit & Veggie Bar/Milk
14 NO SCHOOL	BREAKFAST 15 Scrambled Eggs/ Toast/Fruit/Milk LUNCH Chicken and cheese Quesadillas/Rice/ Lettuce Cheese/ Salsa/F&V Bar/Milk -Turkey	BREAKFAST 16 Bagel/cream cheese/ Yogurt/Fruit/Milk LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar Cookie/Fruit /Milk	BREAKFAST 17 Biscuits & Gravy Fruit/Milk LUNCH Spaghetti and Meat Sauce/Garlic Bread/ F&V Bar/Milk	BREAKFAST 18 Cereal and Yogurt/ Fruit/Milk LUNCH Hamburger Garlic Roasted Potatoes/Fruit & Veggie Bar/ Milk
BREAKFAST 21 Waffles/Sausage/ Yogurt/Fruit/Milk LUNCH Chicken Nuggets/ Mashed Potatoes/ Gravy/Fruit & Veggie Bar/Milk -Italian	BREAKFAST 22 Cheese Omelet/ Toast/Fruit/Milk LUNCH Sub Sandwich/ Vegetable Soup/ Crackers/Fruit & Veggie Bar/Milk	BREAKFAST 23 Cinnamon Roll/ Yogurt/Fruit/Milk LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar/ Milk	BREAKFAST 24 Biscuits & Gravy Fruit/Milk LUNCH Baked Lasagna/ Garlic bread/Green Beans/Fruit & Veggie Bar/ Milk	BREAKFAST 25 Cereal/Yogurt/Fruit Juice/Milk LUNCH Chicken Burger/Tater Tots/Fruit & Veggie Bar/Milk
BREAKFAST 28 French Toast/ Sausage/Fruit/Milk LUNCH Chicken Fajitas/ Refried Beans/Corn/ Salsa/Fruit & Veggie Bar/ Milk -Ham and Cheese	BREAKFAST 29 Breakfast pizza/Fruit/ Milk LUNCH Country Fried Steak/ Mashed Potatoes// Fruit & Veggie Bar/ Milk	BREAKFAST 30 Bagel/cream cheese/ Yogurt Fruit/Milk LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar Cookie/Fruit /Milk	BREAKFAST 31 Boo Berry Pancakes/ Monster toes/ Fruit/ Milk LUNCH Mummy Dogs/Bat Wings/Swamp Bar/ GhoGhost	

Adults can eat at both campuses, please contact school office to let them know you are coming by 9:30 am.
Adult/Visitor Lunch \$5.50 Breakfast \$3

TRIBES Agreements - Mutual Respect, Attentive Listening, Appreciation/No Put Downs, Right to Pass

Check out our Mt. Eccles Elementary & Cordova Jr. /Sr. High School Facebook pages at the Cordova School District web site - <http://www.cordovasd.org/Domain/9>