

October 2017 C.C.H.S.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Panther Power Salad Spicy Crispy Chicken Caesar Wrap Steamed Corn Garden Salad Oven Baked Fries Fresh Fruit Assorted Fruit Cups	3 Panther Power Salad Cheeseburger on Bun Steamed Spinach Pinto Beans Oven Baked Sweet Potato Puffs Fresh Fruit Assorted Fruit Cups	4 Panther Power Salad Spaghetti w/Meat Sauce Green Peas Toss Salad Steamed Carrots Garlic Bread Fresh Fruit Assorted Fruit Cups	5 Panther Power Salad BBQ on Bun Vegetarian Baked Beans Cole Slaw Hot Cinnamon Apples Fresh Fruit Assorted Fruit Cups	6 Panther Power Salad Fish on Bun Steamed Broccoli Baked Potato Carrots w/Dip Fresh Fruit Assorted Fruit Cups
9 Panther Power Salad Salisbury Steak & Gravy Whipped Potatoes Green Beans Fresh Veggies Cup w/Dip Fresh Fruit Assorted Fruit Cups	10 Panther Power Salad Chicken Parmesan over Pasta Caesar Salad Glazed Beets Fresh Fruit Assorted Fruit Cups	11 Panther Power Salad BBQ Wings Bread Stick Whipped Sweet Potato Collard Greens Fresh Veggie Cup w/Dip Fresh Fruit Assorted Fruit Cups	12 Panther Power Salad Chicken Tender w/Roll Green Peas Spinach & Tomato Salad Fresh Fruit Assorted Fruit Cups Steamed Carrots	13 Panther Power Salad Panther Power Salad Smoked Sausage on Bun Baked Beans Cole Slaw Corn on Cob Fresh Fruit Assorted Fruit Cups
16 Panther Powers Salad Hot Dog on Bun Vegetarian Baked Beans Steamed Kale Corn on Cob Fresh Fruit Assorted Fruit Cups	17 Panther Power Salad Grilled Chicken Alfredo Brown Rice Steamed Broccoli Steamed Carrots Fresh Fruit Assorted Fruit Cups Salad Cup	18 Panther Power Salad Buffalo Wings Bread Stick Baked Sweet Potato Puffs Romaine Toss Salad Steamed Collards Fresh Fruit Assorted Fruit Cups	19 Panther Power Salad Pork Chop Fritter on Bun Green Beans Calf Blend Veggies w/Dip Fresh Fruit Assorted Fruit Cups	20 Panther Power Salad Cheeseburger on Bun Oven Baked Fries Steamed Spinach Salad Cup Fresh Fruit Assorted Fruit Cups
23 Panther Power Salad Crispy Chicken Caesar Wrap Steamed Corn Sweet Potato Fries Garden Salad Fresh Fruit Assorted Fruit Cups	24 Panther Power Salad Spaghetti w/Meat Sauce Cucumber & Tomato Salad Green Peas Steamed Carrots Garlic Bread Fresh Fruit Assorted Fruit Cups	25 Panther Power Salad BBQ on Bun Vegetarian Baked Beans Cole Slaw Hot Cinnamon Apples Fresh Fruit Assorted Fruit Cups	26 Panther Power Salad Grilled Chicken over Brown Rice Steamed Broccoli Steamed Carrots Salad Cup Fresh Fruit Assorted Fruit Cups	27 Panther Power Salad Pork Chop Fritter on Bun Green Beans Calf Blend Fresh Veggies w/Dip Fresh Fruit Assorted Fruit Cups
30 Panther Power Salad Buffalo Wing w/Bread Stick Sweet Potato Puffs Romaine Toss Salad Carrots w/Dip Fresh fruit Assorted Fruit Cups	31 Panther Power Salad Spicy Crispy Chicken Caesar Wrap Steamed Corn Garden Salad Oven Baked Fries Fresh Fruit Assorted Fruit Cups			