

Monday	Tuesday	Wednesday	Thursday	Friday
1 Panther Power Salad Spicy Chicken Patty Assorted Pizza Sweet Potato Puffs Steamed Kale Fresh Fruit Assorted Fruit Cups	2 Panther Power Salad Pork Chop Fritter on Bun Hot Dog on Bun Pinto Beans Steamed Spinach Fresh Fruit Assorted Fruit Cups	3 Panther Power Salad Cheeseburger on Bun Ham & Cheese on Croissant Steamed Carrots Green Peas French Fries Fresh Fruit Assorted Fruit Cups	4 Panther Power Salad Tuna Salad on Bun Grilled Cheese Vegetable Soup Garden Salad Fresh Fruit Assorted Fruit Cups	5 Panther Power Salad General TSO Chicken Egg Rolls Vegetable Fried Rice Steamed Broccoli Glazed Beets Fresh Fruit Assorted Fruit Cups
8 Panther Power Salad Pulled Pork on Bun Chicken Tenders w Biscuit Cinnamon Apples Steamed Greens Oven Baked Fries Fresh Fruit Assorted Fruit Cups	9 Panther Power Salad Oven Baked Chicken Ham & Cheese on Bun Whipped Sweet Potatoes Green Beans Whole Grain Roll Fresh Fruit Assorted Fruit Cups	10 Panther Power Salad Assorted Pizza Turkey & Cheese Croissant Toss Salad Steamed Corn Green Peas Fresh Fruit Assorted Fruit Cups	11 Panther Power Salad Salisbury Steak & Gravy Fish on Bun Whipped Potatoes Steamed Kale Salad Cup Whole Grain Roll Fresh Fruit Assorted Fruit Cups	12 Panther Power Salad Taco w Cheese / Lettuce & Tomato Chicken Fajita Wrap Black Beans w Corn Spanish Rice Fresh Fruit Assorted Fruit Cups
15 Panther Power Salad Cheeseburger on Bun BBQ on Bun Baked Beans Steamed Spinach Fresh Fruit Assorted Fruit Cups	16 Panther power Salad Orange Chicken/ w Asian Rice Chicken Parm Sandwich Calf Blend Green Peas Salad Cup Fresh Fruit Assorted Fruit Cups	17 Panther Power Salad Assorted Pizza Chicken Caesar Wrap Chopped House Salad Steamed Carrots Oven Baked Fries Fresh Fruit Assorted Fruit Cups	18 Panther Power Salad Fish on Bun Hot Dog on Bun Baked Beans Corn on Cob Steamed Kale Fresh Fruit Assorted Fruit Cups	19 Panther Power Salad Hot Ham & Cheese on Bun BBQ Rib on Bun Sweet Potato Puffs Spinach & Tomato Salad Fresh Carrots w Dip Fresh Fruit Assorted Fruit Cups
22 Panther Power Salad Chicken Alfredo over Pasta Pork Chop Fritter on Bun Steamed Broccoli Steamed Carrots Salad Cup Fresh Fruit Assorted Fruit Cups	23 Panther Power Salad Ground Beef & Macaroni Turkey & Cheese on Bun Caesar Salad Steamed Corn Garlic Knots Fresh Fruit Assorted Fruit Cups	24 Panther Power Salad Spicy Chicken on Bun Fish on Bun Whipped Potatoes Green Beans Fresh Fruit Assorted Fruit Cups	25 Panther Power Salad Cheeseburger on Bun Hot Dog on Bun Baked Beans Steamed Spinach Corn on Cob Fresh Fruit Assorted Fruit Cups	26 Panther Power Salad Crispy Chicken Ranch Wrap Beef Nacho w Cheese / Lettuce & tomato Steamed Corn Fresh Veggie Cup w Dip Fresh Fruit Assorted Fruit Cups
29 Panther Power Salad Chicken Tenders w Biscuit Cheeseburger on Bun Sweet Potato Puffs Steamed Greens Fresh Fruit Assorted Fruit Cups	30 Panther Power Salad General TSO Chicken Egg Rolls Vegetable Fried Rice Steamed Broccoli Steamed Carrots Fresh Fruit Assorted Fruit Cups	31 Panther Power Salad Oven Baked Chicken Salisbury Steak & Gravy Whole Grain Roll Whipped Potatoes Green Beans Salad Cup Fresh Fruit Assorted Fruit Cups	<h1 style="font-size: 2em; color: #0056b3; margin: 0;">CCHS</h1> <h1 style="font-size: 3em; color: #0056b3; margin: 0;">October 2018</h1>	