

CHS Daily Sandwich/Pizza Menu

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
Cheeseburger	25	Cheeseburger	25	Cheeseburger	25	Cheeseburger	25	Cheeseburger	25
Spicy Chicken Sandwich	34	Spicy Chicken Sandwich	34	Spicy Chicken Sandwich	34	Spicy Chicken Sandwich	34	Spicy Chicken Sandwich	34
Chicken Nuggets & Roll	27	Stuffed Crust Pizza (1477/1480)	40/39	4X6 Thick Cheese Pizza (1470)	34	Stuffed Breadsticks (1484/2ea) with Marinara (1276)	38	Fish Sticks (1562) & Hushpuppies (1533/3ea)	37
		Tater Tot Tuesday (1457)	19			Comes with:		OR Fish Sandwich (HCC-164)	40
						Choice of up to 1 cup Vegetables		Curly Fry Friday (1454)	20
						Choice of up to 1 cup Fruit			
						Choice of Milk (8 oz)			

Students must choose either a half cup up fruit or a half cup of vegetables and two other full components for a meal.

**Modified for DC

CHS Daily Salad & Sandwich Bar

Fruits (Choose up to Two)	Carbs	Vegetables (Choose up to 1-1/2 cup)	Carbs	Meat/Meat Alternate	Carbs	Grains	Carbs	Milk	Carbs
Fresh Fruit	15 avg	Romaine, Cut., 1/2 cup measured	0.5	Shredded Cheddar (1392/1393)	1	4 inch WGR Buns (1282)	24	1 % White (1477)	13
Chilled Canned Fruit	15 avg	Spinach, Fresh Leaves, 1/2 cup measured	0.5	Yellow Slices (1392)	1	5 inch WGR Hoagie Buns (1291)	35	Fat Free White (1478)	13
Dried Cranberries	8	Tomatoes, Sliced & Cherry Carrots, Shredded	1 1.5	Grilled Chicken (9005 or 1410)	0.5	WGR White Slices (1293)	28	Fat Free Chocolate (1479)	20
		Black Beans or Red Beans	5	Tuna Salad (HCC-087)	4	10 in Flour Tortilla Wraps (1372)	26	Fat Free Vanilla (1481)	19
		Corn or Green Peas	4	Deli Ham, Diced (9164)	2	Bagged WGR Saltines (1334/1885) & Croutons (1659)	40	Fat Free Strawberry (1480)	19
		Four of Below Offered Daily		Deli Ham, Sliced (9164)	2				
		Cucumbers, Diced	0	Deli Turkey, Sliced (9027)	1				
		Black Olives, Sliced	0.5						
		Celery, Diced	0.5	Combo M/MA & WGR					
		Green Pepper, Diced	1	PB & J Sandwich (2) (9006)	35				
		Red Onion, Diced	1						
		Cauliflower Florets	1						
		Broccoli Florets	1						
		Pepperoncini Peppers	1						
		Jalapeno Peppers	1						

Note: All vegetables are planned for 1/8 cup servings except leafy greens for a total of 1-1/2 cups offered per day. Students may take a total of 1 cup greens & 1/2 cup salad

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12/6/2016