

Chesterfield School Cavalier's Cafe

August/September 2016

Choice of Sandwich, Grab & Go Salad, or Yogurt Meals are also available

Please send back your Free & Reduced

Meals Application as soon as possible!

ONLY 1 Per Family!!!



<p>Welcome Back!</p> <p>Menu Meets & Exceeds USDA Dietary Guidelines</p>	<p>Online Account Management paypams.com</p> <p>It's safe, easy, convenient and registration is FREE!</p>	<p>Student Lunch \$2.70 Reduced \$.40 Milk \$.50</p> <p>Student Breakfast \$1.50 Reduced \$.30</p>	<p>25</p> <p>Chicken Tenders w/ Sauce Rice Pilaf Steamed Broccoli Fruit or 100% Fruit Juice Milk Variety</p>	<p>26</p> <p>Hot Dog on a Bun Oven Baked Smiley Fries Garden Veggie Bar Fruit or 100% Juice Milk Variety</p> <p>Women's Equality Day</p>
<p>29</p> <p>Homestyle Chicken Breast Patty Garden Peas Mashed Potatoes & Gravy Whole Grain Bread Stick Fruit or 100% Fruit Juice Milk Variety</p>	<p>30</p> <p>Stuffed Crust Pizza Crunchy Carrots Pasta Salad Fruit or 100% Fruit Juice Milk Variety</p>	<p>31</p> <p>Meatball Subs with Mozzarella Cheese Salad Bar Fruit or 100% Fruit Juice Ice Cream Cup Milk Variety</p>	<p>1</p> <p>Chicken Tacos Lettuce, Tomato, Salsa, Rice, Cheese, Sour Cream Whole Kernel Corn Mexican Bean Salad Fruit or 100% Juice Milk Variety</p>	<p>2</p> <p>Cheeseburger or Veggie Burger on a Bun Steamed Broccoli Baked Oven Fries Fruit or 100% Fruit Juice Milk Variety</p>
<p>5 No School</p>  <p>Labor Day</p>	<p>6</p> <p>Slice of Cheese Pizza Garden Veggie Bar Fruit or 100% Fruit Juice Milk Variety</p>	<p>7</p> <p>Whole Chicken Breast Patty on a Whole Grain Bun Sauteed Carrots Salad Bar Fruit or 100% Juice Milk Variety</p>	<p>8 Scotch tape Invented In 1930</p> <p>Spaghetti & Meatballs or Mozzarella Cheese Steamed Broccoli Fruit or 100% Fruit Juice Milk Variety</p> 	<p>9</p> <p>Hot Dog on a Bun Oven Baked Smiley Fries Baked Beans Fruit or 100% Juice Milk Variety</p>
<p>12</p> <p>Chicken Tenders w/ Sauce Seasoned Pasta Sauteed Carrots Fruit or 100% Fruit Juice Milk Variety</p>	<p>13</p> <p>Stuffed Crust Pizza Salad Bar Steamed Broccoli Fruit or 100% Fruit Juice Milk Variety</p>	<p>14</p> <p>Taco Salad Beef Taco Meat & Chips Lettuce, Tomato, Salsa, Rice, Cheese, Sour Cream Whole Kernel Corn Mexican Bean Salad Fruit or 100% Juice Milk Variety</p>	<p>15</p> <p>Toasted Cheese Sandwich Garden Veggie Bar Tomato Soup Smartfood Popcorn Fruit or 100% Fruit Juice Milk Variety</p>	<p>16</p> <p>Cheeseburger on a Bun or Veggie Burger Salad Bar Oven Baked Fries Fruit or 100% Fruit Juice Milk Variety</p>
<p>19 International Talk Like a Pirate Day</p>  <p>French Toast Sticks w/ Syrup Potato Puffs Breakfast Sausage or Cottage Cheese Vegetable Sticks Fruit or Juice & Milk</p>	<p>20</p> <p>Cheese Pizza Salad Bar Fruit or 100% Fruit Juice Milk Variety</p>	<p>22</p> <p>Baked Cheese Sticks Pasta with Marinara Sauce Steamed Broccoli Salad Bar Fruit or 100% Juice Milk Variety</p>	<p>23 First Day of Fall</p> <p>Beef Soft Tacos Lettuce, Tomato, Salsa, Rice, Cheese, Sour Cream Whole Kernel Corn Fruit or 100% Juice Milk Variety</p> 	<p>24 National Punctuation Day</p> <p>Hot Dog on a Bun Oven Baked Fries Baked Beans Crunchy Baby Carrots Fruit or 100% Juice Milk Variety</p> <p>! , ? . ; " :</p>