

**Lunch Menu
October 2008**

Christian Heritage Academy

**\$4.00 per Meal
One Week \$19.00 only when PAID IN ADVANCE
Juice is sold separately**

1st Week Oct. 1-3	Beef Lasagna w/ Roll or Alternative	Teriyaki Chicken w/ Rice or Alternative	Turkey w/ Pasta and Sauce or Alternative	Chicken Patty Sandwich (Like McDonalds' Sandwich) or Alternative	Cheese Pizza Pepperoni Pizza or Alternative
	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit

2nd Week Oct. 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	Fish and Chips or Alternative	BBQ Chicken Mac & Cheese or Alternative	Ham or Turkey Sandwich w/Mayo, Lettuce & Tomato or Alternative	Hamburger or Cheeseburger w/ Chips or Alternative	Chicken Nuggets w/ Fries or Alternative
	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit

3rd Week Oct. 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	Columbus Day	Spanish Chicken w/ Spanish Rice or Alternative	Beef Asian BBQ Sandwich or Alternative	Chicken Parmesan w/ Spaghetti or Alternative	Sweet Italian Meatballs on Garlic Bread or Alternative
		Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit

4th Week Oct. 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	Hamburger or Cheeseburger w/ Chips or Alternative	Sweet Asian BBQ Chicken w/ French Fries or Alternative	Pasta Shells w/ Meat Sauce or Alternative	Chicken Patty Sandwich (Like McDonalds' Sandwich) or Alternative	Beef Lasagna w/ Roll or Alternative
	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit

5th Week Oct. 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	Turkey Taco or Alternative	Orange Chicken w/ Mashed Potatoes or Alternative	Spaghetti & Meatballs or Alternative	Chicken Nuggets w/ Fries or Alternative	Cheese Pizza Pepperoni Pizza or Alternative
	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit

PK to Grade 2 Parents: Alternative option is either Turkey Hot Dogs or Tuna Sandwich ONLY.

PLEASE Place Orders a Week in ADVANCE

Alternative: Jamaican Chicken or Beef Patty,
Tuna Sandwich or Turkey Hot Dogs

Menu Subject to Change