

# Inside Cafeteria

## Hot Entrée items

Spicy Chicken Tenders  
Spicy Breaded Chicken Sandwich  
Chicken (Breaded) Sandwich  
Soft Pretzel w/ cheese  
Chicken Tenders (regular)  
Corndog  
Veggie Burger  
(all the above come with a side vegetable  
and fruit)

Mozzarella Cheese Sticks w/ marinara

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All entrée meals come with  
the following sides:

Side Salad, Fruit Cup  
Veggie Cup,  
100% Fruit Juice, Apple Slices,  
&/or Whole Fruit  
Milk (FF white and FF choc)

## Daily Hot Specials

Monday:

Pasta Bar

Tuesday: Taco Tuesday

Beef Tacos (2 soft)

Doritos Walking Taco

Wednesday:

Orange Chicken /Rice/Edamame

Thursday:

Make it your way Burrito Bowl

Friday: Hamburger Day

Bacon Cheeseburger

Hamburger

Cheeseburger

Tator Tots

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Menu subject to change



## Cold Entrée items

Everyday:

Yogurt Parfait (yogurt, granola, fruit)

Falcon Fruit Pack

Hummus and veggie pack

Salads with a grain:

Grilled Chicken Caesar

Greek

Buffalo Chicken

Antipasti

Sandwiches w/ fruit:

Turkey w/ cheese

Ham w/ cheese

Turkey w/ bacon

Italian Deli

PB & J Uncrustables

Nutella Sandwich

Chicken Pesto

Wraps:

Buffalo Spicy Chicken

Chicken Caesar

Chicken Bacon Ranch

Please email the Cafeteria Manager at [jfuss@ccusd93.net](mailto:jfuss@ccusd93.net) if you have any questions.

CSHS meal station  
(outside)

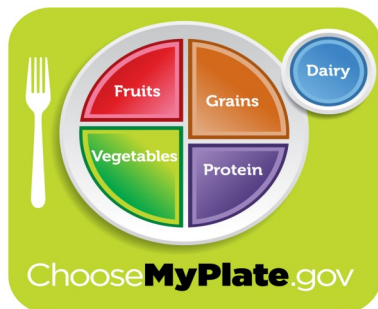
Everyday

- Breaded Chicken Sandwich
- Spicy Chicken Sandwich
- Chicken Boneless Wings w/ a roll
- Corndog
- Chicken Tenders w/ a roll
- Pretzel w/ cheese
- Vendor Pizza (cheese or pepperoni)
- Hotdog
- Cheeseburger
- (all of the above come w/veggie + fruit)
- Mozzarella Cheese Sticks w/ marinara

All entrees come with one or more of the

following sides:

- Side Salad
- Assorted Fruit
- Assorted Veggies
- 100% Fruit Juice
- Whole Fruit
- Milk (FF white and FF Choc)



Free and Reduced meals

The federal guidelines for free and reduced price meals allow for:  
1 breakfast and 1 lunch for each approved student per day.

All extras (2nd milk, 2nd juice, a la carte items) need to be paid for separate, with cash or with money on your child's lunch account.

Please remember that you need to reapply for free and reduced each year. Visit the Child Nutrition Department webpage on [www.ccusd93.org](http://www.ccusd93.org) for this years free and reduced application.

All snacks provided meet Smart Snack regulation

Student Breakfast \$2.00  
Student Lunch \$3.00  
Reduced Student breakfast and lunch are free this year.

Adult Breakfast: \$2.50  
Adult Lunch: \$4.15

This institution is an equal

opportunity provider  
**Cactus  
Shadows  
High School**

2023—2024  
Lunch Menu

