CHS Lunch

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School Nutrition Director: Brandie Wooten, 706-859-3054

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The Harvest of the Month for November is Sweet Potatoes. Do you know the difference in sweet potatoes and yams? Sweet potatoes have a smooth skin and soft, sweet flesh. Yams are drier, and are native to Africa and Asia. Most "yams" sold in grocery stores in the U.S. are actually sweet potatoes.

Tue	Wed	Thu	Fri
3 Cheesy Bites w/ Marinara (1, 4, 5) Side Salad w/ Dressing (1, 2) Corn OR Pizza (1, 4, 5) OR Salad Bar Fruit & Choice of Milk (1)	4 Chicken Sandwich (1, 4, 5, 9) Fries Baked Beans OR Salad Bar Fruit & Choice of Milk (1)	5 Spaghetti (1, 5) w/ Garlic Bread (5) Side Salad w/ Dressing (1, 2) OR Pizza (1, 4, 5) OR Salad Bar Fruit & Choice of Milk (1)	6 Chicken (1, 5) Mashed Potatoes (1) Green Beans Fruit Choice of Milk (1)
10 BBQ Sandwich (4, 5, 9) Chips (1, 4) Baked Beans OR Pizza (1, 4, 5) OR Salad Bar Fruit & Choice of Milk (1)	11 Hotdog (4, 5) Fries Slaw (2) OR Salad Bar Fruit & Choice of Milk (1)	12 Manwich (4, 5, 9) Chips (1, 4) Side Salad w/ Dressing (1, 2) OR Pizza (1, 4, 5) OR Salad Bar Fruit & Choice of Milk (1)	13 Meatloaf (2, 5) Mashed Potatoes (1) Pinto Beans w/ Cornbread (1, 5) OR Salad Bar Fruit & Choice of Milk (1)
17 Chili (4) w/ Crackers (5) Cinnamon Roll (1, 4, 5) Baby Carrots OR Pizza (1, 4, 5) OR Salad Bar Fruit & Choice of Milk (1)	18 Corndog (1, 2, 4, 5) Chips (1, 4) Corn & Sweet Peas OR Salar Bar Fruit & Choice of Milk (1)	19 Ham & Cheese Sandwich (1, 5) Chips (1, 4) Glazed Carrots OR Pizza (1, 4, 5) OR Salad Bar Fruit & Choice of Milk (1)	20 PB&J w/ String Cheese (1, 3, 5) OR Grilled Cheese (1, 5) Chips (1, 4) Baby Carrots Fruit & Choice of Milk (1)
24 THANKSGIVING BREAK	25 THANKSGIVING BREAK	26 THANKSGIVING BREAK	27 THANKSGIVING BREAK

Notes



Harvest of the Month:
Sweet Potatoes



Some menu items may contain allergens. The following will be used to indicate the presence of allergens in foods:
(1) Milk (2) Egg (3) Peanut (4) Soy (5) Wheat (6) Tree Nut (7) Shellfish (8) Fish (9) Sesame

Chattooga County School District is participating in CEP (Community Eligibility Provision). All students eat at no charge to families. However, there *is* a charge for extra items and snack items. To add money to your student's account, visit www.linqconnect.com

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