

DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, November 14

Breakfast Provided Daily At CHS & CMS
Breakfast Pizza with Sausage, Caesar Salad, Yogurt
Fruit of the Day & Choice of Milk

Tuesday, November 15

Breakfast Provided Daily At CHS & CMS
Spaghetti & Meat Sauce, Garlic Bread, Corn
Fruit of the Day & Choice of Milk

Wednesday, November 16

Ramunto's Pizza Day!!!

Chicken & Rice Soup, Veggies & Dip
Fruit of the Day & Choice of Milk

Thursday, November 17

Breakfast Provided Daily At CHS & CMS

Our Thanksgiving Feast!!!

Roast Turkey, Stuffing, Local Squash Puree', Mashed Potatoes & Gravy, Dinner Roll, Local Apple Squash Bake or Fruit
Choice of Milk

Friday, November 18

Breakfast Provided Daily At CHS & CMS

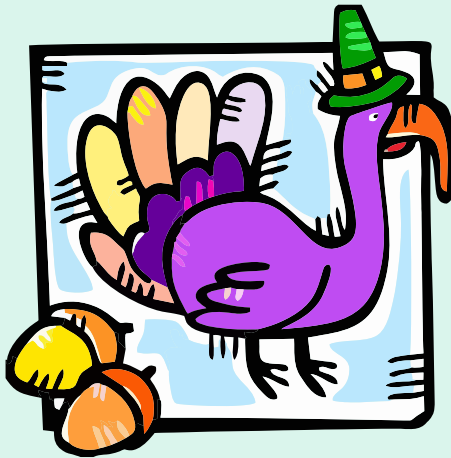
Manager's Special!!!

Let us send you on to break

17 BY THE NUMBERS
EVERY TON OF RECYCLED PAPER SAVES
17 TREES, EACH OF WHICH CAN ABSORB
13 POUNDS OF CARBON DIOXIDE A YEAR

Featured Specials of the Day

Thanksgiving Break



See you back here
on Monday,
November 28!

Monday, November 28

Breakfast Provided Daily At CHS & CMS
Chili Cheese Dog, Au Gratin Potatoes, Mixed Steamed Veggies
Kiwi & Choice of Milk

Tuesday, November 29

Breakfast Provided Daily At CHS & CMS
Beef Goulash, Steamed Zucchini W/Parmesan Cheese, Bread Stick
Fruit of the Day & Choice of Milk

Wednesday, November 30

Breakfast Provided Daily At CHS & CMS
Ramunto's Pizza Day!!!
Chicken & Rice Soup, Garden Salad
Fruit of the Day & Choice of Milk



Colchester School District Nutrition & Food Services Menu For CHS & CMS

This institution is an equal opportunity provider.



AVAILABLE DAILY

Breakfast Choices include: Bagels, English Muffins, Toast, Breakfast Sandwich, French Toast Sticks, Pop-Tarts, Cereal, Cream Cheese & Butter.

Choice of 8 oz 1% Skim, Fat Free Chocolate or Fat Free Strawberry Milk.

8 oz OJ: \$.45 or a la carte Milk: \$.55

Soy Milk \$.70. Soy Milk Available for Breakfast or Lunch for Students with Dietary Restrictions.

Try our a la carte lines!!!

CMS Normally Serves Daily: Salad Bar, Deli Bar, Burgers, Hot Dogs, Ramunto's Pizza or Our Pizza, Soup, Bagels and Some Surprises.

CHS Normally Serves Daily: Salad Bar, Deli Bar, Panini's, Bagels, Meatball, Chicken Sandwiches, Grinders, Burgers, Hot Dogs, Ramunto's or Our Pizza, Soup and Surprises.

