

OCTOBER 2025

Health-e Pro 

MON	TUE	WED	THU	FRI
		1 Popcorn Chicken Romaine Salad w/ Ranch Strawberry craisins/Apple Dinner Roll Stage: Grilled Cheese Zone: Ez Jammers	2 Salisbury Steak Mashed Potatoes/Gravy Peaches/Orange Whole Grain sliced Bread Stage: Cheese Quesadilla Zone: Yogurt and Graham	3 Cheese Pizza Green Beans Pineapple/Apple Oreo Cookie Alt: Popcorn Chix/Zeezee Stage: Chicken Patty Zone: Yogurt and Graham
6 No School	7 Bbq Pork Sandwich Romaine Salad w/ House Mandarines/Apple Brownie Stage: Beef and Cheddar Zone: Cheese Stick ZeeZee crackers	8 Macaroni and Cheese Green Beans/Veggies Hummus Cinnamon Apples/Orange Pretzels Stage: Cheese sticks/Marinara Zone: Ez Jammer	9 Beef Dippers Mashed Potatoes Mixed Fruit/Apple Whole grain bread Stage: Shrimp Bar Zone: Yogurt and Graham	10 Chicken Twister lettuce and cheese Grapes/Orange Fruitables Punch Alt: Chicken patty Stage: Coney Dog Zone: Ez Jammer
13 Chicken Nuggets Far east Veggies Diced Pears/Oranges Dinner Roll Alt: Pepperoni Pizza Stage: Mashed Potato Bar Zone: Ez Jammer	14 Hamburger/Cheese French Fries Peaches/Apple S'more Snack Stage: Grilled Chicken Zone: Cheese stick/ZeeZee Cracker	15 Pepperoni Pizza Bean Bag Salsa Pineapple/Orange Potato Chips Stage: Cheese sticks/Marinara Zone: Ez Jammer	16 Beef and Noodles Carrots/Celery and Dip Apples Cinnamon Cake Stage: Chicken Quesadilla Zone: Yogurt and Graham	17 Taco Meat /chips Lettuce and cheese Grapes/Orange Refried Beans Alt: Chicken patty Sand. Stage: Pasta bar Zone: Cheese and Zee Zee Cracker
20 No School	21 Hotdog Waffle Fries Applesauce/Orange Chocolate chip cookie Stage: Baked Potato Zone: Cheese Stick Zee Zee crackers	22 Chicken Patty Sand. Corn/Hummus Peaches/Apple Ice cream cup Stage: Breadstick Marinara Zone: Ez Jammer	23 Sausage Pizza Broccoli and dip Mixed Fruit/Orange String Cheese Stick Stage: Chicken Twister Zone: Yogurt and Graham	24 French Toast Sticks Cubed Hashbrown Strawberries/Apple Yogurt/Granola Alt: Popcorn Chicken Stage: Taco Bar Zone: Ez Jammer
27 Rib Sandwich Romaine with Ranch Pineapple/Oranges Birthday cake ZEE ZEE Alt: Cheese Pizza Stage: Korean Beef and Rice Zone: Ez Jammer	28 Shredded Chicken Sandwich Curly Fries Peaches/Apple Fruit Crisp Stage: Sub Sandwich Zone: Cheese stick/zee crackers	29 Cheese Soup Cooked Broccoli Mandarines/Orange Hot pretzel rod Stage: Biscuits/Gravy Zone: EZ Jammers	30 Pizza Melt Corn Banana/Apple Fruit Snack Stage: Chicken Twister Zone: Yogurt/Graham	31 Meatballs Romaine w/Ranch Pineapple/Orange Dinner Roll Alt: Chicken nuggets Stage: Chicken salad Zone: Cheese stick/zee zee crackers

ANNOUNCEMENTS

Set up your Child's Payschool central account online and track their balances.

Stage and Alt line is for 7-12 grades only,
Zone is 1-6 grades

MENU SUBJECT TO CHANGE

If you are not getting lunch balance emails, Call or email
ahrens.ashley@coldwatercavs.org
419-678-2480 ext.5151

MEAL PRICES

K-8 \$2.15
 Monthly \$45.15
 9-12 \$2.25
 Monthly \$47.25
 Adult: \$3.00 + drink
 Juice \$0.50
 Milk \$0.55
 Water \$.75
 Ala Cart: Ice cream \$1.00
 Chips \$1.00