

Students have a choice of milk and fruit at every meal. CHS also has a Pizza Line each day.

Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Hot Spot: 1 Chicken Strips</p> <p>Trojan Grill: Spicy Chicken Sandwich</p>	<p>The Hot Spot: 2 Chicken Bowl</p> <p>Trojan Grill: Sloppy Joes</p>	<p>The Hot Spot: 3 Asian-Inspired Buffet</p> <p>Trojan Grill: Bacon Cheeseburger</p>	<p>Early Release Day 4</p> <p>Sack Lunch</p>	<p>The Hot Spot: 5 Chili/Baked Potatoes</p> <p>Trojan Grill: Steak Sandwich</p>
<p>The Hot Spot: 8 Salisbury Steak</p> <p>Trojan Grill: Spicy Chicken Sandwich</p>	<p>The Hot Spot: 9 Tacos with Scoops</p> <p>Trojan Grill: BBQ Pork Sandwich</p>	<p>The Hot Spot: 10 Oven Fried Chicken</p> <p>Trojan Grill: Cheeseburger</p>	<p>The Hot Spot: 11 Buffalo Chicken Wings</p> <p>Trojan Grill: Bacon Cheeseburger</p>	<p>Schools Closed for 12 Presidents' Day</p>
<p>Schools Closed for 15 Presidents' Day</p>	<p>The Hot Spot: 16 Asian-Inspired Buffet</p> <p>Trojan Grill: Bacon Cheeseburger</p>	<p>The Hot Spot: 17 Salisbury Steak</p> <p>Trojan Grill: Bacon Jack Grilled Chicken</p>	<p>The Hot Spot: 18 Chicken & Rice</p> <p>Trojan Grill: Spicy Chicken Sandwich</p>	<p>The Hot Spot: 19 Chili/Baked Potatoes</p> <p>Trojan Grill: BBQ Pork Sandwich Birthday Cupcakes</p>
<p>The Hot Spot: 22 Chicken Strips</p> <p>Trojan Grill: Hot Dogs</p>	<p>The Hot Spot: 23 Spicy Chicken Tenders</p> <p>Trojan Grill: Bacon Jack Grilled Chicken</p>	<p>The Hot Spot: 24 Meatloaf/Mashed Potatoes</p> <p>Trojan Grill: Spicy Chicken Sandwich</p>	<p>The Hot Spot: 25 Lasagna</p> <p>Trojan Grill: Meatball Sub</p>	<p>The Hot Spot: 26 Buffalo Chicken Wings</p> <p>Trojan Grill: Buffalo Chicken Wings</p>
				