



GET FRESH.  
BUY LOCAL.

Eat • Learn • Live  
**Environments**  
Chartwells School Dining Services

## High School-middle school Lunch Menu January 2017



Home-style favorites made with healthy proteins, whole grains, fresh fruits and vegetables.



Freshly Prepared Deli Style Sandwiches Made to Order  
Featuring:  
• Fresh Veggies  
• Variety of Cheeses  
• Whole Grain Breads, Rolls and Wraps

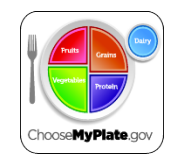


**Daily house made soup**  
Offered with all meals:  
**Create Your Own Salad** with Fresh Greens and a variety of Garden Fresh Veggies and Toppings.  
Chef Creations like Pasta and Potato Salads are also available.

1	2	3	4	5
<b>New year's day</b>	Chicken Tenders Mashed Potatoes Buttered Corn	<b>Burrito Bar</b> Make your own Burrito Peppers, onions, sour cream. Cheddar cheese Pico de galo Spanish rice	<b>Crispy buffalo Chicken sub</b> Onion rings Cheddar Broccoli vegetable	<b>Pepperoni and Sausage pizza bagel</b> Pasta Marinara Italian Green beans
8	9	10	11	12
<b>Oven Fried Chicken</b> Tender Chicken with Creamy Potatoes Au gratin Sweet buttered corn	<b>Soft Beef Taco's</b> Served on a hard shell Fresh Pico De Galo Buttered White Rice Mexicali corn	<b>Philly Cheese Steak served with onions, peppers and mushrooms</b> Mashed potatoes and gravy and buttered corn	<b>Lo Mein Noodles With Chicken</b> Pork Egg Roll Lucky fried Rice	<b>Buffalo Chicken Personal Pan Pizza</b> Buttered Rigatoni Garlic Broccoli
15	16	17	18	19
<b>Martin Luther King Day</b>	Soft Chicken Taco's Spanish Rice Frijoles Mexican Corn	<b>Pepperoni Pizza Pasta Bake</b> Garlic Breadstick Green Bean Saute'	<b>Chili Cheese Dog Crinkled Fries</b> Seasoned Broccoli with Cheese sauce	<b>Beef Stromboli Grinder Sub</b> Gemelli Marinara Garlic Breadstick
22	23	24	25	26
<b>Chicken Parmesan</b> Spaghetti Roasted fall vegetable Ratatouille	<b>Chicken Caesar Salad</b> CROUTONS Lemon Garlic Broccoli Garlic breadstick	<b>Ground Turkey Nacho's</b> Steamed Rice Vegetarian Refried Beans Sour cream, roasted tomato salsa	<b>Crispy Chicken breast tenders</b> Waffles, with Syrup Mashed Potatoes Southern Green beans	<b>Chicken Bacon Ranch Pizza</b> Classic Mac and cheese Steamed Broccoli Florets
29	30	31		
<b>Honey Ginger Chicken Chef Salad</b> Cilantro Lime rice Vegetable egg rolls	<b>Pork Sandwich</b> Mac and Cheese Sweet and Spicy green beans	<b>Chicken Broccoli Alfredo</b> Garlic Breadstick Fresh Broccoli Florets		

Menu Subject to Change

Any questions please call Aaron Mondore, Director of Dining Services at 518-682-7428  
**If you have any food allergies, please let us know!**  
Prices: Student Meal: \$4.40



### Daily hand Tossed Pizza by the slice



Available daily:  
• Cheeseburger, Chicken Patty, fresh buffalo Chicken  
Served with Your Choice of Hot or Cold Vegetables, Salad, Fruit, Milk and Whole Grain Bread



Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

**Daily Specials may include...**  
Chicken Caesar Wrap, Chicken Caesar Salad, Turkey Club Sandwich, Italian Sub and Yogurt Parfait's and



**Grilled Panini**  
Toasty and Delicious!  
Check the Deli Station daily for toasted Panini Specials

This institution is an equal opportunity provider and employer