



GET FRESH.
BUY LOCAL.

Eat • Learn • Live
Environments
Chartwells School Dining Services

High School-middle school Lunch Menu February 2018



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:

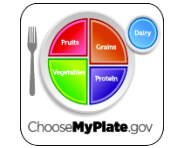
Create Your Own Salad with Fresh Greens and a variety of Garden Fresh Veggies and Toppings.

Chef Creations like Pasta and Potato Salads are also available.

			1	2
			Chicken Soft Taco's White buttered Rice Mexicali rice	Buffalo Chicken Pizza Chef's Pasta of the da Veg of the day
5	6	7	8	9
Bishops Holiday	Bacon Swiss Chicken Sandwich with Garlic basil mayo Au gratin Potatoes Sweet corn	Classic Rubeen Sandwich Steak Fries Veg of the day	Honey Ginger Chicken Cilantro Lime rice Pork Egg Roll Veg of day	Chicken Bacon Ranch Personal Pizza Rigatoni with pink sauce Veg of the day
12	13	14	15	16
Oven Fried Chicken Tender Chicken with Roasted Garlic Mashed Potatoes , Sweet buttered corn	Soft Chicken Taco's Spanish Rice Frijoles Mexican Corn	<u>Ash Wed</u> St John Fish Fry French Fries Cole slaw Nacho bar with no meat	Carved hot Turkey over stuffing with gravy Green beans Mashed Potatoes	Garlic Breadstick served with marinara Cheese pizza Nacho bar with no meat Clam Chowder
19	20	21	22	23
Winter break	Winter break	Winter break	Winter break	Winter break
26	27	28		
Crispy Chicken breast tenders Waffles, with Syrup Mashed Potatoes Southern Green beans	Ground Turkey Nacho's Steamed Rice Vegetarian Refried Beans Sour cream, roasted tomato salsa	Chicken Broccoli Alfredo Gariic 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