

High School Menu for Week of March 5th - 9th, 2012

Station	Monday 3/5	Tuesday 3/6	Wednesday 3/7	Thursday 3/8	Friday 3/9	
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	SOUTHWEST CHICKEN BURRITO BOWL <i>Today's Featured Selection</i> Start with a Fresh Flour Tortilla Add Chicken Fajita Meat or Refried Beans Fiests Rice Steamed Corn Fresh Pico De Gallo Lettuce & Cheddar Cheese	SPUD'S BOWL <i>Today's Featured Selection</i> Baked Potato Wedges Homemade Chili Hot Cheese Sauce Seasoned Broccoli Garlic Breadstick Fresh Chopped Green Onion	SIMPLY GOOD SALAD BOWL: South of the Border Salad <i>Today's Featured Selection</i> Entrée Salad with Iceberg and Romaine Topped w/Corn, Tomatoes & Black Beans Add Shredded Cheddar Cheese Served w/South of the Border Dressing Garnished w/Spicy Lime Tortilla Strips	ITALIAN PASTA BOWL <i>Today's Featured Selection</i> *Baked Pasta w/Cheese *Green Beans *Tossed Salad w/Romaine Toasted Flatbread Roma Herb Seasoning Blend	AMERICAN DINER BOWL <i>Today's Featured Selection</i> *Oven Baked BBQ Chicken *Cheesy Macaroni (Can be an entrée or side) *Seasoned Carrots *Fresh Baked Biscuit	
	<p>Cheese Pizza Available Daily</p>	Pepperoni Pizza Hawaii Pizza Choice of Fruit and Milk	Italian Sausage Pizza Brooklyn Pepperoni Flatbread Choice of Fruit and Milk	Mac & Cheese Pizza Personal Sausage Pizza Choice of Fruit and Milk	Italian Sausage Pizza Meat Lover's Pizza Choice of Fruit and Milk	Pepperoni Pizza Three Cheese Calzone Choice of Fruit and Milk
	<p>Chicken Patty & Cheeseburger Available Daily</p>	BBQ Rib Sandwich Steamed Corn Tator Tots Choice of Fruit and Milk	Cheesy Hot Dog or Chili Dog Cole Slaw Potato Wedges Choice of Fruit and Milk	Mushroom Swiss Burger Vegetable Pasta Salad Sweet Potato Oven Fries Choice of Fruit and Milk	Buffalo Style Breaded Chicken Sandwich Green Beans Tator Tots Choice of Fruit and Milk	Fish Sandwich Cheesy Macaroni Oven Fries Choice of Fruit and Milk
	<p>Assorted Meats, Cheeses, Vegetable Toppings, Breads & Wraps Available Daily Hot Soup Available Daily as a Side Item.</p>	Made to Order Sandwich Bar Little Italy Wrap Choice of Fruit and Milk	Made to Order Sandwich Bar *Tuna Salad Wrap Choice of Fruit and Milk	Made to Order Sandwich Bar *Turkey Club Bagel Choice of Fruit and Milk	Made to Order Salad Bar Cobb Salad Choice of Fruit and Milk	Made to Order Sandwich Bar Santa Fe Wrap w/Turkey & Cheddar Choice of Fruit and Milk
	<p>Turkey & Cheese Panini Available Daily</p>	*Peppercorn Chicken Reuben Panini Steamed Corn Tator Tots	Chicken Pesto Panini with Tomatoes Cole Slaw Potato Wedges	Sicilian Panini (Ham, Pepperoni, Provolone, Peppers & Onions) Vegetable Pasta Salad Sweet Potato Oven Fries	Pepperoni Pizza Panini Green Beans Tator Tots	Dijon Ham & Cheese Panini Sweet Corn Salad Oven Fries
<p>Cold Fruit and Vegetable Bar Offered Daily</p>	*Fresh Apple Tossed Salad w/Romaine Three Bean Salad Diced Peaches	*Fresh Orange Wedges Fresh Cauliflower Cole Slaw *Chilled Cinnamon Apple Slices	Fresh Banana Fresh Broccoli Vegetable Pasta Salad *Applesauce	Fresh Grapes Baby Carrots Tossed Salad w/Romaine *Diced Pears	*Fresh Apple Celery Sticks Sweet Corn Salad Mixed Fruit	



Deli Chef Salad, Variety Chicken Salad, and Garden Salad w/Cheese offered Daily

Lunch Prices: Paid Lunch Meal: \$2.40 Reduced Lunch Meal: \$.40
 Adult Lunch Meal \$ 2.85 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50
 Skim White Milk, 1% White Milk, and Skim Chocolate Milk are offered as a side with all meals

FIND MENUS POSTED AT: www.chartwellsschool dining.com/ipsd204/content/menus.asp



What is included in a Lunch Meal? You MUST choose 1 entrée and MUST choose at least 1 side and CAN choose up to 3 sides for the same \$2.40 lunch price.

Celebrate **NATIONAL NUTRITION MONTH** with one of our **NEW Simply Good SALAD BOWLS** -
 Choose a Salad Bowl & make half of your plate fruits & vegetables. Then add a serving of whole grain & lean protein.
 Enjoy with ice cold milk for a Complete **MyPlate Meal!**



*Balanced Choices Meals are meal combinations that meet Chartwells precise nutrition standards that endorse healthy eating guidelines for students. *Balanced Choices Meal components are bolded on the menu.



Menu item is made with fresh, locally grown produce.

High School Menu for Week of March 12th - 16th, 2012

Station	Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>ITALIAN PAST BOWL <i>Today's Featured Selection</i></p> <p>Fresh Italian Pasta</p> <p>Cheese Sauce OR Italian Meat Sauce</p> <p>Seasoned Green Beans</p> <p>Tossed Salad w/Romaine</p> <p>Toasted Garlic Bread</p> <p>Roma Herb Seasoning Blend</p>	<p>MOM'S MASHED POTATO BOWL <i>Today's Featured Selection</i></p> <p>A Scoop of Mashed Potatoes</p> <p>Fresh Sliced Roast Turkey</p> <p>Herbed Gravy</p> <p>Seasoned Peas</p> <p>Whole Grain Roll</p>	<p>TEX MEX BOWL <i>Today's Featured Selection</i></p> <p>Start with a Fresh Flour Tortilla</p> <p>Add Chicken Fajita Meat or Refried Beans</p> <p>Cilantro Lime Rice</p> <p>Steamed Corn</p> <p>Fresh Pico De Gallo</p> <p>Lettuce & Cheddar Cheese</p>	<p>AMERICAN DINER BOWL <i>Today's Featured Selection</i></p> <p>Homemade Meatloaf</p> <p>Cheesy Macaroni (Can be an entrée or side)</p> <p>Beef Gravy</p> <p>Baked Beans</p> <p>Fresh Baked Biscuit</p>	<p>SIMPLY GOOD SALAD BOWL: Curry Chicken and Rice Salad <i>Today's Featured Selection</i></p> <p>Entrée Salad with Iceberg and Spinach</p> <p>Topped w/Brown Rice & Diced Chicken</p> <p>Add Shredded Carrots</p> <p>Served w/Curry Dressing</p> <p>Garnished w/Raisins and Cilantro</p>
 <p>Cheese Pizza Available Daily</p>	<p>Pepperoni Pizza</p> <p>Supreme Pizza</p> <p>Choice of Fruit and Milk</p>	<p>Italian Sausage Pizza</p> <p>Fresh Vegetable Pizza</p> <p>Choice of Fruit and Milk</p>	<p>Personal Pepperoni Pizza</p> <p>Bosco Sticks w/Marinara</p> <p>Choice of Fruit and Milk</p>	<p>Italian Sausage Pizza</p> <p>Pepperoni Calzone</p> <p>Choice of Fruit and Milk</p>	<p>Pepperoni Pizza</p> <p>Vegetarian Margherita Flatbread w/Tomatoes</p> <p>Choice of Fruit and Milk</p>
 <p>Chicken Patty & Cheeseburger Available Daily</p>	<p>Fresh Grilled Bacon Cheeseburger</p> <p>Seasoned Green Beans</p> <p>Tator Tots</p> <p>Choice of Fruit and Milk</p>	<p>Toasted Cheese Sandwich</p> <p>Tomato Soup</p> <p>Baked Curly Fries</p> <p>Choice of Fruit and Milk</p>	<p>Corn Dog</p> <p>Steamed Corn</p> <p>Sweet Potato Tator Tots</p> <p>Choice of Fruit and Milk</p>	<p>Chicken Nuggets w/Whole Grain Roll</p> <p>Cheesy Macaroni</p> <p>Potato Wedges</p> <p>Choice of Fruit and Milk</p>	<p>*Cheese Quesadilla</p> <p>*Vegetable Blend</p> <p>Oven Fries</p> <p>Choice of Fruit and Milk</p>
 <p>Assorted Meats, Cheeses, Vegetable Toppings, Breads & Wraps Available Daily</p> <p>Hot Soup Available Daily as a Side Item.</p>	<p>Made to Order Sandwich Bar</p> <p>Italian Chicken & Cheese Wrap</p> <p>Choice of Fruit and Milk</p>	<p>Made to Order Salad Bar</p> <p>Chicken Caesar Salad</p> <p>Choice of Fruit and Milk</p>	<p>Made to Order Sandwich Bar</p> <p>Veggie Lover's Wrap</p> <p>Choice of Fruit and Milk</p>	<p>Made to Order Sandwich Bar</p> <p>Turkey BLT Wrap</p> <p>Choice of Fruit and Milk</p>	<p>Made to Order Sandwich Bar</p> <p>Tuna Salad Wrap</p> <p>Choice of Fruit and Milk</p>
 <p>Turkey & Cheese Panini Available Daily</p>	<p>Toasted Ham & Mozzarella on Wheat</p> <p>Seasoned Green Beans</p> <p>Tator Tots</p>	<p>Arizona Chicken Panini</p> <p>Seasoned Peas</p> <p>Baked Curly Fries</p>	<p>Monte Cristo Panini (Ham, Turkey, & Swiss)</p> <p>Steamed Corn</p> <p>Sweet Potato Tator Tots</p>	<p>Pressed Chicken Fajita Wrap</p> <p>Cheesy Macaroni</p> <p>Potato Wedges</p>	<p>Toasted Triple Cheese Panini</p> <p>Vegetable Blend</p> <p>Oven Fries</p>
 <p>Cold Fruit and Vegetable Bar Offered Daily</p>	<p> Fresh Apple</p> <p>Tossed Salad w/Romaine</p> <p>Homemade Cole Slaw</p> <p>Diced Pears</p>	<p>Fresh Orange Wedges</p> <p>Celery Sticks</p> <p>Tomato Cucumber Salad</p> <p>Applesauce</p>	<p>Fresh Pear</p> <p>Fresh Cauliflower</p> <p>Three Bean Salad</p> <p>Mixed Fruit</p>	<p>Fresh Banana</p> <p>Baby Carrots</p> <p>Antipasto Salad</p> <p>Chilled Cinnamon Apple Slices</p>	<p> Fresh Apple</p> <p>Fresh Broccoli</p> <p>Tossed Salad w/Romaine</p> <p>*Diced Peaches</p>
<p style="text-align: center;">   </p> <p style="text-align: center;">Deli Chef Salad, Variety Chicken Salad, and Garden Salad w/Cheese offered daily.</p> <p style="text-align: center;"> Lunch Prices: Paid Lunch Meal: \$2.40 Reduced Lunch Meal: \$.40 Adult Lunch Meal \$ 2.85 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50 Skim White Milk, 1% White Milk, and Skim Chocolate Milk are offered as a side with all meals </p> <p style="text-align: center;">FIND MENUS POSTED AT: www.chartwellsschooldining.com/ipsd204/content/menus.asp</p> <p style="text-align: center;">What is included in a Lunch Meal? You MUST choose 1 entrée and MUST choose at least 1 side and CAN choose up to 3 sides for the same \$2.40 lunch price.</p>					
<p>Celebrate NATIONAL NUTRITION MONTH with one of our NEW Simply Good SALAD BOWLS - Choose a Salad Bowl & make half of your plate fruits & vegetables. Then add a serving of whole grain & lean protein. Enjoy with ice cold milk for a Complete MyPlate Meal!</p>					
<p> *Balanced Choices Meals are meal combinations that meet Chartwells precise nutrition standards that endorse healthy eating guidelines for students. *Balanced Choices Meal components are bolded on the menu.</p> <p style="text-align: center;"> Menu item is made with fresh, locally grown produce.</p>					

High School Menu for Week of March 19th - 23rd, 2012

Station	Monday 3/19	Tuesday 3/20	Wednesday 3/21	Thursday 3/22	Friday 3/23
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	AMERICAN DINER BOWL <i>Today's Featured Selection</i> Oven Baked Chicken Cheesy Macaroni (Can be an entrée or side) Baked Beans Fresh Baked Biscuit	No School School Improvement Planning Day	ENCHILADA BOWL <i>Today's Featured Selection</i> Chicken, Cheese, & Red Bean Enchiladas or Cheese Enchiladas Red Beans & Rice Steamed Corn Fresh Pico De Gallo Shredded Cheddar Cheese	SIMPLY GOOD SALAD BOWL: Caribbean Chicken w/Rice & Bean Salad <i>Today's Featured Selection</i> Entrée Salad with Iceberg and Romaine Topped w/Brown Rice & Diced Chicken Add Tomatoes, Celery & Pinto Beans Served w/Sweet & Spicy Pineapple Dressing Garnished w/Raisins	Half Day of School No Lunch Served
 Cheese Pizza Available Daily	Personal Pepperoni Pizza Cheese Calzone Choice of Fruit and Milk		Italian Sausage Pizza Ham & Cheese Flatbread Choice of Fruit and Milk	Pepperoni Pizza Spinach Ricotta Pizza Choice of Fruit and Milk	
 Chicken Patty & Cheeseburger Available Daily	 *Buffalo Chicken Wrap Baked Beans *Potato Wedges Choice of Fruit and Milk		Chicken Tenders w/Whole Grain Roll Steamed Corn Sweet Potato Tator Tots Choice of Fruit and Milk	Toasted Cheese Sandwich Tomato Soup Oven Fries Choice of Fruit and Milk	
 Assorted Meats, Cheeses, Vegetable Toppings, Breads & Wraps Available Daily Hot Soup Available Daily as a Side Item.	Made to Order Sandwich Bar Tuna Salad Wrap Choice of Fruit and Milk		Made to Order Sandwich Bar Turkey Club Bagel Choice of Fruit and Milk	Made to Order Sandwich Bar Toasted Pita Chips w/Fresh Vegetable & Hummus Choice of Fruit and Milk	
 Turkey & Cheese Panini Available Daily	Monte Cristo Panini (Ham, Turkey, & Swiss) Baked Beans Potato Wedges		Toasted Ham & Mozzarella on Wheat Steamed Corn Sweet Potato Tator Tots	Turkey Club Panini Vegetable Blend Oven Fries	
 Cold Fruit and Vegetable Bar Offered Daily	*Fresh Orange Wedges *Tossed Salad w/Romaine Homemade Cole Slaw Diced Peaches		Fresh Fruit Fresh Vegetable Vegetable Salad Chilled Fruit	Fresh Fruit Fresh Vegetable Vegetable Salad Chilled Fruit	



Deli Chef Salad, Variety Chicken Salad, and Garden Salad w/Cheese offered daily.

Lunch Prices: Paid Lunch Meal: \$2.40 Reduced Lunch Meal: \$.40
 Adult Lunch Meal \$ 2.85 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50
 Skim White Milk, 1% White Milk, and Skim Chocolate Milk are offered as a side with all meals

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SPRING BREAK WEEK - MARCH 26TH - 30TH

Celebrate **NATIONAL NUTRITION MONTH** with one of our **NEW Simply Good SALAD BOWLS** -
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Menu item is made with fresh, locally grown produce.

High School Menu for Week of April 2nd - 6th, 2012

Station	Monday 4/2	Tuesday 4/3	Wednesday 4/4	Thursday 4/5	Friday 4/6	
 <p>PLAY BOWL! Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>MOM'S MASHED POTATO BOWL <i>Today's Featured Selection</i></p> <p>A Scoop of Mashed Potatoes</p> <p>Popcorn Chicken</p> <p>Baked Beans</p> <p>Chicken Gravy</p> <p>Whole Grain Roll</p>	<p>BREAKFAST BOWL <i>Today's Featured Selection</i></p> <p>Cinnamon French Toast Sticks</p> <p>Sausage Patty</p> <p>Tator Tots</p> <p>Fresh Orange Wedges</p> <p>Warm Syrup</p>	<p>TACO BOWL <i>Today's Featured Selection</i></p> <p>Flour Tortillas OR Hard Corn Taco Shells</p> <p>Spicy Taco Meat or Refried Bean</p> <p>Fiesta Rice</p> <p>Steamed Corn</p> <p>Fresh Pico De Gallo</p> <p>Lettuce & Cheddar Cheese</p>	<p>ITALIAN PASTA BOWL <i>Today's Featured Selection</i></p> <p> *Fresh Italian Pasta</p> <p>*Italian Meatsauce OR Alfredo Sauce</p> <p>*Seasoned Carrots</p> <p>Tossed Salad w/Romaine</p> <p>*Whole Grain Roll Roma Herb Seasoning Blend</p>	<p>No School Today</p>	
	 <p>CRUST & STUFF Cheese Pizza Available Daily</p>	<p>Pepperoni Pizza</p> <p>Red Hot Chicken Pizza</p> <p>Choice of Fruit and Milk</p>	<p>Italian Sausage Pizza</p> <p>Hawaiian Pizza</p> <p>Choice of Fruit and Milk</p>	<p>Personal Pepperoni Pizza</p> <p>Bosco Sticks w/Marinara</p> <p>Choice of Fruit and Milk</p>	<p>Italian Sausage Pizza</p> <p>Taco Pizza</p> <p>Choice of Fruit and Milk</p>	
	 <p>Grab a Stack! Chicken Patty & Cheeseburger Available Daily</p>	<p>Fresh Grilled Bacon Cheeseburger</p> <p>Baked Beans</p> <p>Sweet Potato Oven Fries</p> <p>Choice of Fruit and Milk</p>	<p>Sloppy Joe on a Bun</p> <p>Broccoli Salad</p> <p>Tator Tots</p> <p>Choice of Fruit and Milk</p>	<p>Hot Dog on a Bun</p> <p>Steamed Corn</p> <p>Baked Curly Fries</p> <p>Choice of Fruit and Milk</p>	<p>Chicken Nuggets w/Whole Grain Roll</p> <p>Seasoned Carrots</p> <p>Potato Wedges</p> <p>Choice of Fruit and Milk</p>	
	 <p>Ready, Set, Deli Assorted Meats, Cheeses, Vegetable Toppings, Breads & Wraps Available Daily Hot Soup Available Daily as a Side Item.</p>	<p>Made to Order Sandwich Bar</p> <p>Ham & Cheese Sub Sandwich</p> <p>Choice of Fruit and Milk</p>	<p>Made to Order Sandwich Bar</p> <p>Tuna Salad Wrap</p> <p>Choice of Fruit and Milk</p>	<p>Made to Order Sandwich Bar</p> <p> *Chicken Caesar Wrap</p> <p>Choice of Fruit and Milk</p>	<p>Made to Order Salad Bar</p> <p>Monterey Ranch Chicken Salad</p> <p>Choice of Fruit and Milk</p>	
	 <p>TOAST POST Turkey & Cheese Panini Available Daily</p>	<p>Pressed Chicken Fajita Wrap</p> <p>Baked Beans</p> <p>Sweet Potato Oven Fries</p>	<p> *Pressed Chicken Ranchero Wrap</p> <p>Broccoli Salad</p> <p>Tator Tots</p>	<p>Turkey Club Panini</p> <p>Steamed Corn</p> <p>Baked Curly Fries</p>	<p>Pepperoni Pizza Panini</p> <p>Seasoned Carrots</p> <p>Potato Wedges</p>	
 <p>EXTRA! EXTRA! Cold Fruit and Vegetable Bar Offered Daily</p>	<p> Fresh Apple</p> <p>Cucumber Slices</p> <p>Homemade Cole Slaw</p> <p>Mixed Fruit</p>	<p> *Fresh Orange Wedges</p> <p>Celery Sticks</p> <p>Chickpea Salad</p> <p>Chilled Cinnamon Apple Slices</p>	<p>Fresh Pear</p> <p>Fresh Cauliflower</p> <p>*Vegetable Pasta Salad</p> <p>*Applesauce</p>	<p>Fresh Banana</p> <p>Fresh Broccoli</p> <p>Tossed Salad w/Romaine</p> <p>*Diced Pears</p>		

Deli Chef Salad, Variety Chicken Salad, and Garden Salad w/Cheese offered daily.

Lunch Prices: Paid Lunch Meal: \$2.40 Reduced Lunch Meal: \$.40

Adult Lunch Meal \$ 2.85 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50
Skim White Milk, 1% White Milk, and Skim Chocolate Milk are offered as a side with all meals

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What is included in a Lunch Meal? You MUST choose 1 entrée and MUST choose at least 1 side and CAN choose up to 3 sides for the same \$2.40 lunch price.

GARBANZO BEANS - Also known as chickpeas, garbanzo beans have a delicious nutlike taste and buttery texture. They are a good source of protein and iron, and an excellent source of fiber.



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