











Middle 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
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	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
 Cheese Pizza Available Daily	Hawaiin Pizza Choice of Fruit and Milk	Brooklyn Pepperoni Flatbread Choice of Fruit and Milk	Mac & Cheese Pizza Choice of Fruit and Milk	Meat Lover's Pizza Choice of Fruit and Milk	Three Cheese Calzone Choice of Fruit and Milk
 Deli Chef Salad & Garden Salad Offered Daily	Chicken Patty Sandwich BBQ Rib Sandwich Steamed Corn Tator Tots Choice of Fruit and Milk	Cheeseburger on Bun Cheesy Hot Dog or Chili Dog Cole Slaw Potato Wedges Choice of Fruit and Milk	Chicken Patty Sandwich Mushroom Swiss Burger Vegetable Pasta Salad Sweet Potato Oven Fries Choice of Fruit and Milk	Cheeseburger on Bun Buffalo Style Breaded Chicken Sandwich Green Beans Tator Tots Choice of Fruit and Milk	Chicken Patty Sandwich Fish Sandwich Cheesy Macaroni Oven Fries Choice of Fruit and Milk
 Deli Chef Salad & Garden Salad Offered Daily	Little Italy Wrap Choice of Fruit and Milk	 *Tuna Salad Wrap Choice of Fruit and Milk	 *Turkey Club Bagel Choice of Fruit and Milk	Cobb Salad Choice of Fruit and Milk	Santa Fe Wrap w/Turkey & Cheddar Choice of Fruit and Milk
 Cold Fruit and Vegetable Bar Offered Daily	 *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.

Middle 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
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	ITALIAN PAST BOWL <i>Today's Featured Selection</i> Fresh Italian Pasta Cheese Sauce OR Italian Meat Sauce Seasoned Green Beans Tossed Salad w/Romaine Toasted Garlic Bread Roma Herb Seasoning Blend	MOM'S MASHED POTATO BOWL <i>Today's Featured Selection</i> A Scoop of Mashed Potatoes Fresh Sliced Roast Turkey Herbed Gravy Seasoned Peas Whole Grain Roll	TEX MEX BOWL <i>Today's Featured Selection</i> Start with a Fresh Flour Tortilla Add Chicken Fajita Meat or Refried Beans Cilantro Lime Rice Steamed Corn Fresh Pico De Gallo Lettuce & Cheddar Cheese	AMERICAN DINER BOWL <i>Today's Featured Selection</i> Homemade Meatloaf Cheesy Macaroni (Can be an entrée or side) Beef Gravy Baked Beans Fresh Baked Biscuit	SIMPLY GOOD SALAD BOWL: Curry Chicken and Rice Salad <i>Today's Featured Selection</i> Entrée Salad with Iceberg and Spinach Topped w/Brown Rice & Diced Chicken Add Shredded Carrots Served w/Curry Dressing Garnished w/Raisins and Cilantro
 Cheese Pizza Available Daily	Supreme Pizza Choice of Fruit and Milk	Italian Sausage Pizza Choice of Fruit and Milk	Bosco Sticks w/Marinara Choice of Fruit and Milk	Pepperoni Calzone Choice of Fruit and Milk	Vegetarian Margherita Flatbread w/Tomatoes Choice of Fruit and Milk
	Chicken Patty Sandwich Fresh Grilled Bacon Cheeseburger Seasoned Green Beans Tator Tots Choice of Fruit and Milk	Cheeseburger on Bun Toasted Cheese Sandwich Tomato Soup Baked Curly Fries Choice of Fruit and Milk	Chicken Patty Sandwich Corn Dog Steamed Corn Sweet Potato Tator Tots Choice of Fruit and Milk	Cheeseburger on Bun Chicken Nuggets w/Whole Grain Roll Cheesy Macaroni Potato Wedges Choice of Fruit and Milk	Chicken Patty Sandwich *Cheese Quesadilla *Vegetable Blend Oven Fries Choice of Fruit and Milk
 Deli Chef Salad & Garden Salad Offered Daily	Italian Chicken & Cheese Wrap Choice of Fruit and Milk	Chicken Caesar Salad Choice of Fruit and Milk	Veggie Lover's Wrap Choice of Fruit and Milk	Turkey BLT Wrap Choice of Fruit and Milk	Tuna Salad Wrap Choice of Fruit and Milk
 Cold Fruit and Vegetable Bar Offered Daily	 Fresh Apple Tossed Salad w/Romaine Homemade Cole Slaw Diced Pears	Fresh Orange Wedges Celery Sticks Tomato Cucumber Salad Applesauce	Fresh Pear Fresh Cauliflower Three Bean Salad Mixed Fruit	Fresh Banana Baby Carrots Antipasto Salad Chilled Cinnamon Apple Slices	 Fresh Apple Fresh Broccoli Tossed Salad w/Romaine *Diced Peaches

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.

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!**



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Menu item is made with fresh, locally grown produce.

Middle 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	Cheese Calzone Choice of Fruit and Milk		Ham & Cheese Flatbread Choice of Fruit and Milk	Spinach Ricotta Pizza Choice of Fruit and Milk	
 *Buffalo Chicken Wrap Baked Beans *Potato Wedges Choice of Fruit and Milk	Chicken Patty Sandwich *Buffalo Chicken Wrap Baked Beans *Potato Wedges Choice of Fruit and Milk		Chicken Patty Sandwich Chicken Tenders w/Whole Grain Roll Steamed Corn Sweet Potato Tator Tots Choice of Fruit and Milk	Cheeseburger on Bun Toasted Cheese Sandwich Tomato Soup Oven Fries Choice of Fruit and Milk	
 Deli Chef Salad & Garden Salad Offered Daily	Tuna Salad Wrap Choice of Fruit and Milk		Turkey Club Bagel Choice of Fruit and Milk	Toasted Pita Chips w/Fresh Vegetable & Hummus Choice of Fruit and Milk	
 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**-
 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!



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Menu item is made with fresh, locally grown produce.

Middle 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
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	MOM'S MASHED POTATO BOWL <i>Today's Featured Selection</i> A Scoop of Mashed Potatoes Popcorn Chicken Baked Beans Chicken Gravy Whole Grain Roll	BREAKFAST BOWL <i>Today's Featured Selection</i> Cinnamon French Toast Sticks Sausage Patty Tator Tots Fresh Orange Wedges Warm Syrup	TACO BOWL <i>Today's Featured Selection</i> Flour Tortillas OR Hard Corn Taco Shells Spicy Taco Meat or Refried Bean Fiesta Rice Steamed Corn Fresh Pico De Gallo Lettuce & Cheddar Cheese	ITALIAN PASTA BOWL <i>Today's Featured Selection</i>  *Fresh Italian Pasta *Italian Meatsauce OR Alfredo Sauce *Seasoned Carrots Tossed Salad w/Romaine *Whole Grain Roll Roma Herb Seasoning Blend	No School Today
 Cheese Pizza Available Daily	Red Hot Chicken Pizza Choice of Fruit and Milk	Hawaiian Pizza Choice of Fruit and Milk	Personal Pepperoni Pizza Choice of Fruit and Milk	Taco Pizza Choice of Fruit and Milk	
 Cold Fruit and Vegetable Bar Offered Daily	Chicken Patty Sandwich Fresh Grilled Bacon Cheeseburger Baked Beans Sweet Potato Oven Fries Choice of Fruit and Milk	Cheeseburger on Bun Sloppy Joe on a Bun Broccoli Salad Tator Tots Choice of Fruit and Milk	Chicken Patty Sandwich Hot Dog on a Bun Steamed Corn Baked Curly Fries Choice of Fruit and Milk	Cheeseburger on Bun Chicken Nuggets w/Whole Grain Roll Seasoned Carrots Potato Wedges Choice of Fruit and Milk	
 Deli Chef Salad & Garden Salad Offered Daily	Ham & Cheese Sub Sandwich Choice of Fruit and Milk	Tuna Salad Wrap Choice of Fruit and Milk	 *Chicken Caesar Wrap Choice of Fruit and Milk	Monterey Ranch Chicken Salad Choice of Fruit and Milk	
 Cold Fruit and Vegetable Bar Offered Daily	 Fresh Apple Cucumber Slices Homemade Cole Slaw Mixed Fruit	*Fresh Orange Wedges Celery Sticks Chickpea Salad Chilled Cinnamon Apple Slices	Fresh Pear Fresh Cauliflower *Vegetable Pasta Salad *Applesauce	Fresh Banana Fresh Broccoli Tossed Salad w/Romaine *Diced Pears	



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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