



SIMPLY GOOD



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Lexington High School Lunch Commons 1

January 9-13, 2012

Student Full Meal Price \$3.25, Adult Meal Price \$4.25

All Meals Come with Fruit & Vegetable Side Dishes and Choice of Milk; 1% Plain White, Skim & 1% Chocolate

Any Questions Please Call
Director of Dining
Services
Kellie Prince
781-861-2320 ext.1181

Monday

B.L.T.

Tuesday

Basil Chicken
Wrap

Wednesday

Roast Beef
& Cheddar Cheese
on an
Everything Bagel

Thursday

½ Day
No Lunch Served

Friday

Smoked Turkey
with Cranberry
Mayo



Favorite Comfort Foods & International Flavors Served Your Way in a Bowl

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
<u>Baja Chicken Bowl</u> BBQ Chicken Corn on the Cob Rice BBQ Baked Beans Cornbread	<u>Mexican Pie</u> Spicy Ground Beef Diced Onions Cheese Sauce Served with Tortilla Chips	<u>Stuffed Shells</u> Shells stuffed with Cheese Tomato Sauce Meatballs Roasted Carrots With Tarragon Cheesy Garlic Bread	<u>½ Day No Lunch Served Professional Development Day</u>	<u>Quesadilla Craziiness</u> Roasted Chicken Tomatoes Beans Peppers Cheese Served with Fiesta Rice Salsa Guacamole Sour Cream



Chilled fruit and
assorted seasoned
fresh fruit available
daily

Monday

Cinnamon Apple &
Pear Slices

Tuesday

Spinach Salad with
Cherry Tomatoes,
Bacon Crumbs &
Balsamic Dressing

Wednesday

Local Broccoli &
Brown Rice Salad

Thursday

½ Day
No Lunch Served

Friday

Sweet Corn Salad

Menutainment: We will Create Your Meal Just for You, Made to Order Display Cooking

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
<u>Mac-N-Cheese Bar</u> Your Choice of: Buffalo Chicken Regular Cheese	<u>Pasta Bar</u> Whole Wheat Pasta Marinara Sauce White Cream Sauce Meatballs Green Beans & Carrots Garlic Bread	<u>Roast Pork Loin</u> Seasoned Pork Tenderloin Roasted Carrots with Tarragon Garlic & Herb Roasted Red Potatoes Gravy	<u>½ Day No Lunch Served Professional Development Day</u>	<u>Southwest Peppercorn Chicken Sizzling Salad</u> Tender Popcorn Chicken Southwest Seasoning Cheese Mix Greens Vegetables



Classic Cheese Pizza, Pepperoni, Buffalo Chicken &
Veggie Lover's served Daily
Made on Whole Wheat Crust with Reduced Fat Cheese

Specials

Monday	Meatball
Tuesday	Ham Calzone
Wednesday	Assorted French Bread Pizzas
Thursday	No Lunch Served
Friday	Assorted Flatbread Pizzas



Hamburger, Cheeseburgers & Whole
Grain Breaded Chicken Available Daily

Specials

Monday	BBQ Chicken Wrap
Tuesday	Fish Sandwich
Wednesday	Marinated Chicken & Veggies in a Wrap
Thursday	No Lunch Served
Friday	Meatball Sub

Au Bon Pain Soup of the Day

Monday	Chicken Noodle
Tuesday	Vegetable Lentil
Wednesday	Broccoli Cheddar
Thursday	No Lunch Served
Friday	Clam Chowder

Offered Daily: 1 additional Featured Soup of the Day



Assorted Fresh Food Fast
Sandwiches and Salads Packaged for Grab N' G

Offered Daily:
Breaded Chicken Caesar Salad
Garden Salad with Cheese

Did you know... Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our new Guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans;
- Provide more whole grain foods, such as brown rice and whole wheat;
- Encourage lean proteins including vegetarian and plant based;
- Reduce unhealthy fats, sodium, and sugar;
- Include a la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters; and
- Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce.