



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

Lexington High School: Commons 2  
January 16-20, 2012

**Food Focus of the Month: Brown Rice**

**Simply Good: Meal Campaign**



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

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
<b>No School Holiday</b>	<b>Ball Park Bowl</b> Your Choice of: Italian Sausage Sub Peppers & Onions All on Hearty French Bread Or Twin Hot Dogs Homemade Cheddar Cheese Sauce Vegetarian Chili  Baked Potato Wedges	<b>Sizzling Salads</b> Your Choice Of: Crispy Chicken Grilled Chicken Lettuce Blend Romaine & Iceberg Diced Tomato Cucumbers Radish Shredded Carrot Shredded Cheese Parmesan Breadsticks	<b>Mac-N-Cheese Bar</b> Your Choice of: Traditional Mac-n-Cheese Buffalo Mac-n-Cheese  Collard Greens Cajun Black Eye Peas  Breadcrumbs Bacon Crumbles Broccoli Bits	<b>Asian Nation Bowl</b> Your Choice of: Teriyaki Beef Strips Asian Marinated Chicken Lo Mein Noodles White & Brown Rice Blend Oriental Vegetable Mix With Fresh Snow Peas Red & Green Cabbage Sprouts, Bamboo Shoots Water Chestnuts

**Vegetarian: Unique Entrée Selection featuring Meatless Options providing a Balanced Meal**

16	17	18	19	20
<b>No School Holiday</b>	<b>Broccoli Pizza Wraps</b> Steamed Broccoli Parmesan Cheese Mozzarella Cheese  Marinara Sauce  Tortillas  All Rolled Up in a Tortilla	<b>Vegetarian Chili</b> Tomatoes Kidney Beans Green Peppers & Onions Cheddar Cheese Cumin Powder Garlic Powder	<b>American Cheese Quiche</b> American Cheese Chopped Onion Salt & Pepper Egg Mixture with Milk  All Baked in a Pie Shell Served Hot	<b>Garden Veggie Burger</b> Morning Star Farms Vegetable Burger On a Whole Wheat Bun  Lettuce, Tomato & Cheese Available at the Deli Station

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

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

*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.



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

**Specials**

**Monday** No School  
**Tuesday** Italian Piadini  
**Wednesday** 7" Personal Pan Pizza  
**Thursday** Assorted Stromboli  
**Friday** Cheese & Pepperoni French Bread Pizzas



**Hamburger, Cheeseburgers & Whole Grain Breaded Chicken Available Daily**

**Specials**

**Monday** No School  
**Tuesday** Texas Roadhouse Chicken Sandwich  
**Wednesday** Ham & Cheese Flatbread Fold  
**Thursday** Turkey Club with Bacon  
**Friday** Monterey Roast Beef

**Au Bon Pain Soup of the Day**

**Monday** No School  
**Tuesday** Vegetarian Minestrone  
**Wednesday** Broccoli Cheddar  
**Thursday** Italian Wedding  
**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**  
**Peanut Butter & Jelly Sandwich**



Chilled fruit and assorted seasoned fresh fruit available daily

**Monday**  
No School

**Tuesday**  
Apricot Applesauce

**Wednesday**  
Green Goddess Pasta Salad

**Thursday**  
Marinated Tomato & Cucumber

**Friday**  
Broccoli Salad