



SIMPLY GOOD



www.simplygoodfood.org



Monday

B.L.T.

Tuesday

Basil Chicken Wrap

Wednesday

Roast Beef & Cheddar Cheese on an Everything Bagel

Thursday

½ Day
No Lunch Served

Friday

Smokey Turkey with Cranberry Mayo



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

Lexington High School Lunch Commons 2

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
<u>Pasta Bar</u> Penne Pasta Stuffed Shells Meatballs Carrots Garlic Bread	<u>Hot Chicken Wrap</u> Sliced Grilled Chicken Three Bean Mix with Kidney Beans, Black Beans & Garbanzo Beans Brown Rice with Diced Peppers & Onions Shredded Cheese Homemade Pico de Gallo	<u>Mom's Mashed Potato Bar</u> Your Choice of: Garlic Mashed Cheddar Sweet Potato Homemade Gravy Bacon Crisps Shredded Cheese	<u>½ Day No Lunch Served Professional Development Day</u>	<u>Quesadilla Craziiness</u> Roasted Chicken Strips Diced Tomatoes Beans Peppers Cheese Served with Fiesta Rice Salsa Sour Cream Guacamole

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

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
<u>French Bread Pizzas</u> Fresh French Bread Topped with Marinara Sauce & Sprinkled with Mozzarella Cheese	<u>Open Faced Eggplant Parmesan</u> Lightly Breaded Eggplant Baked Till Golden Brown Topped with Fresh Mozzarella Cheese & Marinara Sauce	<u>Mac & Cheese Vegetables</u> Elbow Pasta with a Cheese Sauce Fresh Vegetables Topped with Bread Crumbs	<u>½ Day No Lunch Served Professional Development Day</u>	<u>Baja Bean Tacos</u> A Healthy Blend of Beans Including Kidney & Pinto Soft Flour Tortilla Topped with Shredded Lettuce, Diced Tomato & Salsa

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.

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



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
Peanut Butter & Jelly Sandwich