



# SIMPLY GOOD



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Lexington High School Lunch Commons 1

December 19-23, 2011

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  
Honey Mustard  
Chicken Wrap

Tuesday  
Egg Salad on a  
Kaiser Roll

Wednesday  
Buffalo Chicken  
Wrap with Bleu  
Cheese Dressing

Thursday  
Tuna Sandwich

Friday  
Turkey &  
Cheese Panini



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Texas Chicken Bowl</b> Roast Chicken with a Big Kick	<b>Open Faced Turkey Gobbler</b> Roasted Turkey Breast	<b>Baked Mac &amp; Cheese</b> Cheesy Pasta Topped with Breadcrumbs and Baked	<b>American Diner Bowl</b> Meatloaf Mashed Potatoes	<b>Pasta Bar</b> Choice of: Pasta
Chef's Choice Vegetable	Sour Cream Mashed Potatoes	Bacon Crumbled Broccoli Bits	Herb Butter Carrots	Chef's Choice Vegetable
Roasted Corn & Red Peppers	Homemade Stuffing Gravy	Assorted Toppings	Chef Choice Vegetable	Meat Sauce
Tex-Mex Rice	On French Bread		Brown Gravy	Marinara Sauce
Corn Bread Muffins	Cranberry Sauce		Roll	Breadstick



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

### Specials

Monday BBQ Chicken Flatbreads  
Tuesday Italian Piadini  
Wednesday Veggie Tostada  
Thursday Assorted Quesadillas  
Friday 7" Individual Pizzas



Chilled fruit and assorted seasoned fresh fruit available daily

Monday  
Fruit Salad with Craisins & Pears

Tuesday  
Sweet Corn Salad

Wednesday  
Cinnamon Applesauce

Thursday  
Peachy Fruit Salad with Red Grapes & Sliced Peaches

Friday  
Three Bean Salad

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Sweet &amp; Sour Stir Fry</b> Your Choice of Chicken Strips or Beef	<b>Open Faced Turkey Gobbler</b> Roasted Turkey Breast	<b>Breakfast for Lunch</b> Omelets made to Order with Assorted Toppings	<b>Chicken &amp; Cheese Quesadillas</b> A mix of Low Fat Mozzarella & Cheddar Cheese baked between Two Flour Tortillas	<b>6 Foot Subs</b> Your Choice of: Italian Turkey Ham Chicken Breast
Assorted Seasonal Vegetables	Sour Cream Mashed Potatoes	Pancakes	Accompanied By:	All topped with Lettuce, Tomato & American Cheese
Asian Sauce	Homemade Stuffing Gravy	Sausage	Diced Tomatoes	Potato Chips
	On French Bread	Potato Wedges	Shredded Lettuce	
	Cranberry Sauce	Maple Syrup	Shredded Cheese	
		Blueberries	Homemade Salsa	
			Sour Cream	



Hamburger, Cheeseburgers & Whole Grain Breaded Chicken Available Daily

### Specials

Monday Buffalo Grilled Chicken  
Tuesday BBQ Pork Ribbie  
Wednesday Double Bacon Cheeseburger  
Thursday Triple Decker Ham & Cheese  
Friday Austin Steak Twister

### Au Bon Pain Soup of the Day

Monday Old Fashioned Tomato  
Tuesday Vegetarian Minestrone  
Wednesday French Onion  
Thursday Clam Chowder  
Friday Chef's Choice

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

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.