



SIMPLY GOOD



www.simplygoodfood.org



Monday
Chicken Caesar Wrap

Tuesday
Curried Chicken Salad on Whole Wheat Bread

Wednesday
Parisian Ham & Cheese Wrap

Thursday
Buffalo Style Chicken Salad on a Bagel

Friday
Smoked Turkey on Multigrain Bread with Tomato, Bacon & Mayo



Chilled fruit and assorted seasoned fresh fruit available daily

Monday
Spinach & Romaine with Strawberries

Tuesday
Cilantro Lime Roasted Vegetables

Wednesday
Classic Potato Salad

Thursday
Apple & Orange Salad with Cucumbers & Raisins

Friday
Vegetable Pasta Salad

Lexington High School Lunch Commons 1

January 30-February 3, 2012 Food Focus of the Month: Brown Rice

The Food Focus of the Month is highlighted throughout the Menu

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
30	31	1	2	3
Brunch For Lunch Western Scrambled Eggs Cheese Stuffed Omelets Sliced Breakfast Ham Home Fried Potatoes topped with Cheddar Cheese Baked Bananas with Brown Sugar	Baja Twin Snack Wraps Crispy Whole Grain Breaded Chicken Shredded Cheddar Cheese Served on a Tortilla Baked Sweet Potato Strips	Salisbury Steak Salisbury Steak Rosemary Herb Roasted Potatoes Brown Sugar Glazed Carrots Brown Gravy Served with a Whole Grain Dinner Bowl	Sweet n Sour Bowl Sweet n Sour Pork Lo Mein Noodles Fresh Asian Vegetables Roasted Pineapple	Philadelphia Cheesesteak Bar Your Choice of: Shredded Steak Shredded Chicken Tortilla Wrap, Flavored Wrap or Kaiser Roll Boston Baked Beans You choose your favorite toppings and condiments

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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Texas Chicken Bowl Roast Chicken with a Big Kick of Spice Okra Roasted Corn with Diced Red Peppers Tex-Mex Brown Rice Cornbread	Build Your Own Salad Choice Of: Baby Spinach Blend Romaine Lettuce Sliced Turkey & Ham Cheddar & Mozzarella Hard Boiled Eggs Tomato Cucumbers Pepper Strips Chickpeas Croutons Assorted Dressings	Pasta Sauté Steamed Wheat & White Pasta Finish off your Pasta in the Sauté Pan with your favorite vegetables Your Choice of: Garlic & Oil Sauce Marinara Light Cream Sauce	Beef Gyro Ground Beef with a Tangy Greek Spice Rub Diced Tomato & Onion Cucumber Sauce	Baked Ziti Casserole Pasta Marinara Sauce Hamburger Mozzarella Cheese Chef's Choice Vegetable Wheat Dinner Roll

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	Local Broccoli Topped
Tuesday	BLT
Wednesday	Chicken Fajita
Thursday	French Bread Pizza
Friday	Teriyaki Beef



Hamburger, Cheeseburgers & Whole Grain Breaded Chicken Available Daily

Specials

Monday	Alpine Swiss Burger
Tuesday	Bean Burrito with Cheese
Wednesday	Buffalo Chicken Open Faced Sliders
Thursday	Meatloaf Bacon Cheddar Burger
Friday	Chicken Parmesan Wrap

Au Bon Pain Soup of the Day

Monday	Pasta Fagioli
Tuesday	Southwest Tortilla
Wednesday	Garden Vegetable
Thursday	Beef Stew
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