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**Monday**  
 Chicken Caesar Wrap

**Tuesday**  
 Curried Chicken Salad on a 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 2

January 30- February 3, 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



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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
<b>Stuffed Bowl</b>	<b>Baja Twin Snack Wraps</b>	<b>Pasta Sauté</b>	<b>Sweet n Sour Bowl</b>	<b>Quesadilla Craziiness</b>
Penne Pasta	Crispy Whole Grain Breaded Chicken	Steamed Wheat & White Pasta	Choice of: Lo Mein Noodles Brown Rice	Roasted Chicken Strips Diced Tomatoes Beans Peppers Cheese
Stuffed Shells	Shredded Low Fat Cheddar Cheese	Finish off your Pasta with your Favorite Vegetables	Fresh Asian Vegetables	
Meatballs	Served on a Tortilla	Your Choice of: Garlic & Oil Sauce Marinara Light Cream Sauce	Roasted Pineapple	Served with Fiesta Rice Salsa Sour Cream Guacamole
Carrots			Fortune Cookie	
Garlic Bread	Baked Sweet Potato Coins		Teriyaki Sauce Lime Ginger Sauce	

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

**Specials**

**Monday** Local Broccoli Pizza  
**Tuesday** BLT  
**Wednesday** Chicken Fajita  
**Thursday** French Bread Pizzas  
**Friday** Teriyaki Beef

  
 Hamburger, Cheeseburgers & Whole Grain Breaded Chicken Available Daily

**Specials**

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
<b>French Bread Pizzas</b>	<b>Open Faced Eggplant Parmesan</b>	<b>Mac &amp; Cheese Vegetables</b>	<b>Chef's Choice</b>	<b>Baja Bean Tacos</b>
Fresh French Bread	Lightly Breaded Eggplant Baked Till Golden Brown	Elbow Pasta with a Cheese Sauce	Keep things exciting and fresh by joining our chefs in their weekly "Chef's Choice Entrée"	A Healthy Blend of Beans Including Kidney & Pinto
Topped with Marinara Sauce & Sprinkled with Mozzarella Cheese	Topped with Fresh Mozzarella Cheese & Marinara Sauce	Fresh Vegetables	This week our Chef Mark will be cooking up a tasty vegetarian option that is nutritious and delicious	Soft Flour Tortilla
		Topped with Bread Crumbs		Topped with Shredded Lettuce, Diced Tomato & Salsa

**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*

**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.

  
 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