

Menu for Week Jan. 30 - Feb. 3

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Daily Theme Bar	ITALIAN BAR <i>Today's Featured Selection</i> Rotini/ chicken or meatballs garlic roll Veggie blend	ASIAN BAR <i>Today's Featured Selection</i> Stir Fry Chicken or Crab brown rice or noodles assorted veggies	BBQ BAR <i>Today's Featured Selection</i> BBQ Chicken whole grain biscuit or bun seasoned green beans	TEX-MEX <i>Today's Featured Selection</i> Seasoned Chicken or Seasoned Beef Nachos cilantro lime or plain tortilla chips black beans or mexican corn	BRUNCH FOR LUNCH <i>Today's Featured Selection</i> Pancakes sausage links or ham cherry or blueberry topping
	 Cheese Pizza Available Daily	Bosco Sticks Buffalo Chicken Pizza	Hamburger Pizza Veggie Calzone	Hawaiian Pizza BBQ Chicken Pizza	Hamburger Pizza Chicken Bruschetta Pizza Roll
 Whole Grain Chicken Patty or Cheeseburger on a Bun Available Daily	Mushroom Burger on a Bun Mr. Rib on a Bun Combo'd with: potato chunks	Spicy Chicken Patty on a Bun Taco Burger on a Bun Combo'd with: baked beans	Buffalo Chicken Fritter on a Bun Hot Ham n Cheese Baquel Combo'd with: potato wedges	Spicy Chicken on a Bun Mini Corn Dogs Combo'd with: baked sweet potato fries	Jalapeno Cheeseburger Fish Patty on a Bun Combo'd with: mexicali corn
	 Assorted Meats, Cheese, Vegetable Toppings, & Breads including Whole Grain Options Available Daily	Made to Order Sandwiches turkey, ham, turkey pastrami Or chicken veggie trio	Made to Order Sandwiches turkey, ham, turkey pastrami, Or roast SW corn & black bean salad	Made to Order Sandwiches turkey, ham, turkey pastrami Or chicken veggie pasta cup	Made to Order Sandwiches turkey, ham, turkey pastrami, Or roast sweet corn salad
	Turkey & Swiss Buffalo Chicken Wrap glazed carrots	Chicken Cheese Quesadilla Texas Smokehouse Roast refried beans	Dijon Ham & Cheese Chicken & Pineapple green beans	Turkey Club Chicken Rancheero Wrap steamed broccoli	Four Cheese Spinach Turkey & Swiss mixed vegetables
	 Assorted Apples, Oranges or Bananas available daily	vegetable pasta salad green bean salad fresh grapes mandarin oranges	three bean salad zucchini bake pineapple apricot applesauce	broccoli buds and red peppers chick pea salad carrot raisin pineapple salad fresh grapes	baby carrots sweet corn salad baked apple slices fire and ice melon



Deli Variety of Chef Salads, Fruit Parfaits & Wraps

Lunch Price \$2.25 Paid or \$.40 Reduced Meal

Adult Meal \$ 3.15 Milk 1/2 pint \$.35

Skim Milk, or Flavored Skim Milk is offered with all meals



Balanced Choices Meals are Offered Daily. Signage and stickers are used in the cafeteria to merchandise meal food combinations that meet Chartwells precise Balanced Choices parameters

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