

Menu for Week of THREE

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	Whole grain Biscuits & Gravy	Taco Crunch w/wheat roll OR Beef Enchiladas w/ wheat roll	Whole Grain Chicken Sandwich OR Stir Fry w/ wheat roll	Corn Dog OR Sloppy Joe on wheat bun	Cheese Pizza OR Cavatini w/garlic wheat roll
Monthly Menu Items	potato chunks orange juice	refried beans corn	broccoli raisin salad green beans	oven fries baked beans	Ratatouille tossed salad
	<i>Add one fresh veggie salad and one fruit choice and milk to meal</i>				
Cheese Pizza Available Daily	Cheese Pizza Slice	Cheese Pizza Slice	Cheese Pizza Slice	Cheese Pizza Slice	Cheese Pizza Slice
	<i>tossed salad , fresh veggie salad, fresh fruit from Add- Ons Bar available daily</i>				
	Cheeseburger on wheat bun Mini corn dogs w/ roll Combo'd with: potato chunks	Breaded Chicken Sandwich Mr. Rib on wheat bun Combo'd with: baked beans	Chicken Nuggets w/roll Jalapeno Cheeseburger on a Combo'd with: baked potato	Spicy Chicken on a Bun Pulled Pork on wheat bun Combo'd with: baked sweet potato fries	Cheeseburger on wheat bun Grilled Chicken on wheat bun Combo'd with: mexicali corn
Hot Sandwich Combos					
	Turkey Pesto on wheat bread PB & J individually wrapped glazed carrots	Chicken Salsa in Wheat Wrap PB & J individually wrapped refired beans	Turkey Club Bagel PB & J individually wrapped green beans	Tuscan Turkey Wheat Wrap PB & J individually wrapped steamed broccoli	Dijon Ham & Cheese on wheat bun PB & J individually wrapped mixed vegetables
Assorted Cold Sandwiches or Wrap and PB & J Available Daily					
	Oriental Chicken Salad	Chef Salad w/ turkey and ham	SW Peppercorn Chicken Salad	Chef Salad w/egg	Fried Chicken Salad
	<i>salad meal includes wheat roll and fruit</i>				
	veggie pasta salad broccoli & strawberry salad carrot raisin pineapple salad apple Tossed Salad w/Ranch Dressing	mandarin oranges green bean salad fresh grapes fresh banana Tossed Salad w/Italian Dressing	Three bean salad zucchini bake fresh grapes apricot applesauce Tossed Salad w/Salsa Ranch Dressing	broccoli & red pepper strips chick pea salad carrot raisin pineapple salad apple Tossed Salad w/French Dressing	sweet corn salad baked apple slices fire & ice melon fresh orange Tossed Salad w/Ranch Dressing
Assorted Apples, Oranges or Bananas available daily					

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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