

Wellesley High School Lunch Menu March

Meals are offered w/choice of entrée, fruit & vegetable sides and choice of low-fat & low-fat flavored milk



Cold Fruit & Vegetable Bar Offered Daily

Caesar Romaine Salad
Italian Pasta Salad
Tomato & Cucumber Salad
Sliced Tomato & Onions
Cranberry & Pear Salad
Bananarama
Peachy with Grapes
Apple
Orange
Assorted Fresh Fruit Daily
Locally Grown Produce when Available!



Cold Sandwiches & Salads
Made Fresh Your Way
Deli - \$4.00
Available Daily

Premium Thumann's Deli Meats!
Honey Baked Ham, Honey Roasted Turkey, Genoa Salami, Tuna Salad, Assorted Cheese

Monday: Sliced Buffalo Chicken
Tuesday: Grilled Chicken Caesar Wrap
Wednesday: Roast Beef
Thursday: Grilled Chicken Caesar Wrap
Friday: Italian Meats (Honey Baked Ham, Genoa Salami & Pepperoni)



Au Bon Pain Soup offered Daily



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

February 27	February 28	February 29	1	2
If your child has food allergies and you would like more information about the food served, please contact us	Teriyaki Noodle Bowl Beef Teriyaki w/ Oriental Vegetables over Barilla Plus Lo Mein Noodles Steamed Broccoli Mini Egg Roll Fortune Cookie	Oven Roasted BBQ Chicken Homemade Creamy Macaroni & Cheese Fresh Roasted Vegetables Southwestern Black Beans Whole Grain Herbed Breadstick	Southwestern Beef Nacho Whole Grain Tortilla Chips Macho Nacho Beef w/ Refried Beans, Homemade Cheese Sauce, Jalapeno Peppers, Black Olives and Chunky Tomato Salsa	Texas Size Grilled Cheese Giant Texas Toast with 2 Melted Cheese Creamy Tomato Soup or Homemade Broccoli & Cheddar Soup Whole Grain Goldfish Crackers
5	6	7	8	9
Mashed Potato Bowl Chicken Nuggets w/ Gravy Mashed Potatoes Sweet Corn Whole Grain Dinner Roll Shredded Parm	Orangey Stir Fried Beef Oriental Brown Fried Rice Mixed Veggies Whole Wheat Dinner Roll Orange Wedge	Early Dismissal	Philly Cheese Steak Made to order Sautéed Local Peppers & Onions Homemade Cheese Sauce WG Sub Roll Oven Baked Tater Tots	Ultimate Mac & Cheese Bowl Homemade Creamy Macaroni & Cheese w/ Barilla Pasta Plus Seasoned Dill Carrots Whole Grain Pretzel
12	13	14	15	16
Asian Bok Choy Bowl Orange/Pineapple Glazed Chicken Garlic & Ginger Bok Choy Rice Pilaf w/ Orzo Seasoned Corn Roasted Carrots & Onions	Beef Burrito (Made to Order) Spicy Red Beans & Rice Mexican Corn Shredded Cheddar Cheese Diced Tomatoes & Shredded Lettuce	Herbed Chicken Macaroni & Cheese Steamed Broccoli Homemade Biscuit	Italian Pasta Bowl Saucy Italian Jumbo Meatballs Marinara Sauce Seasoned Green Beans Italian Bread/marg	Jumbo Waffles Warm Maple Syrup Ham & Cheddar Scrambler Homemade Herbed Roasted Red Bliss Potatoes Warm Blueberry Crisp
19	20	21	22	23
Back Yard BBQ Oven Baked Honey BBQ Chicken Homemade Biscuit Corn Cobette Roma Herb Red Bliss Potato Wedges	Taco Salad Crispy Romaine Lettuce Topped with Taco Meat Rice & Beans Fresh Veggies Baked Nacho Chips Cheddar Cheese	Roasted Turkey Carved Turkey & Gravy Mashed Potatoes & Homemade Stuffing Seasoned Carrots Cranberry Sauce	Teriyaki Noodle Bowl Beef Teriyaki w/ Oriental Vegetables over Barilla Plus Lo Mein Noodles Steamed Broccoli Mini Egg Roll Fortune Cookie	Spuds Bar Baked Potato With Homemade Cheese Sauce Broccoli, Diced Crisp Ham Beef Chili Texas Toast Garlic Bread
26	27	28	29	30
Chicken Parmesan with your choice of Barilla Spaghetti or Shells Marinara Sauce Garlic Green Beans Whole Grain Garlic Bread	Chunky Chili Scoops Savory Beef with Kidney Beans w/ Scoops Shredded Cheddar Cheese Corn Cob	Extra Crispy Oven Fried Chicken Mashed Potatoes Country Style Gravy Fresh Glazed Carrots Cinnamon Apple Crisp Homemade Biscuit	Italian Pasta Bowl Your Choice of Italian Sausage & Roma Tomatoes or Italian Meat sauce Herb Broccoli & Cauliflower Garlic Bread Stick	Whole Grain French Toast Sticks and/ or Pancakes Warm Maple Syrup Scrambled Eggs Homemade Herbed Roasted Red Bliss Potatoes Warm Blueberry Crisp

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.



Made on Whole Grain w/ Reduced Fat Cheese
Fresh Baked Cheese Specials for the Week

Mondays: Pepperoni Pizza

Tuesdays: Buffalo Chicken Stromboli

Wednesdays: Neapolitan Pizza

Thursdays: Chicken Parmesan Calzone

Fridays: Pepperoni Pizza

See our Extra-Extra section for Salad, Fruit & Milk Selections



Hot Specialty Sandwiches
Lean Beef Burgers w/Cheese, Breaded Chicken Sandwiches & Buffalo Chicken

Specials for the Week

Mondays: Texas Cheeseburger Melt

Tuesdays: Mozzarella & Tomato Panini on Texas Toast

Wednesdays: BBQ Cheddar Burger

Thursdays: Double Hotdog w/ Sweet Potato Tater Tots

Fridays: Chicken Parmesan

See our Xtra-Xtra section for Salad, Fruit & Milk Selections

Veggie Burgers Available upon request
See your Cafeteria Manager daily!



Assorted Fresh Food Fast
Sandwiches and Salads Packaged for Grab N' Go (Salads served with a Whole Wheat Dinner Roll)

Grilled Chicken on Romaine & Spinach
Buffalo Chicken Salad

and Sun butter and Jelly served everyday

Wednesdays: Pita Chips w/ Hummus & Veggie Sticks

See our Xtra Xtra section for Salad, Fruit & Milk Selections

"Before placing your order, please inform your server if a person in your party has a food allergy"
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Any questions please call:
Director of Dining Services
781-446-6250 x4108

Coming Soon!

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