

# Wellesley Middle 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

**Monday**

Caesar Romaine Salad  
Baby Carrots  
Fresh Oranges

**Tuesday**

Romaine & Spinach Salad  
Broccoli Spears  
Fresh Apple

**Wednesday**

Caesar Romaine Salad  
Chilled Peaches  
Fresh Pear

**Thursday**

Romaine & Spinach Salad  
Peaches  
Fresh Orange

**Friday**

Caesar Romaine Salad  
Baby Carrots  
Granny Smith Apple

**Assorted Fresh Fruit Daily**  
**Locally Grown Produce**  
*when Available!*



Cold Sandwiches & Salads  
Made Fresh Your Way

**Deli - \$4.00**  
**Available Daily**

Coming soon!  
Premium Thumann's Deli  
Meats!



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

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



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

*Mondays: Pepperoni Pizza*

*Tuesdays: Buffalo Chicken Flatbread*

*Thursdays: Chicken Parmesan Personal Pizza*

*Fridays: Pepperoni Pizza*

**See our Add-on section for Salad, Fruit & Milk Selections**



**Hot Specialty Sandwiches**

**Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches**

**Specials for the Week**

*Mondays: Chicken Parmesan*

*Tuesdays: BBQ Cheddar Burger*

*Wednesdays: Hotdog w/ Sweet Potato Tater Tots*

*Thursdays: Triple Decker Grilled Cheese*

*Fridays: Meatball Sub*

**See our Add-on section for Salad, Fruit & Milk Selections**

**Veggie Burgers Available upon request**



**Available Daily**

**Triple Decker Sun butter with Jelly**

**See our Add-on section for Salad, Fruit & Milk Selections**

"Before placing your order,  
please inform your server if a  
person in your party has a food  
allergy"  
MA105CMR590.009 (H)(2)

*Any questions please call:*  
**Director of**  
**Dining Services**  
**781-446-6250 x4108**

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**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.

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