Eat · Learn · Live
Environments
Chartwells School Dining Services

Wellesley Middle School Lunch Menu February

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

SIZZLE

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

ADD-ONS

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
Orange Smiles

Friday
Caesar Romaine Salad
Baby Carrots
Granny Smith Apple

Assorted Fresh Fruit Daily
Locally Grown Produce when Available!

		1	2	3
		Early Dismissal	**Asian Rice Bowl** Choice of Chicken Strips Mixed Stir-Fry Vegetables Brown Rice Sweet and Sour or Spicy Szechuan Sauce Fortune Cookie	**Texas Size Grilled Cheese** Giant Texas Toast with 2 Melted Cheese Creamy Tomato Soup Whole Grain Goldfish Crackers
6	7	8	9	10
Ultimate Mac & Cheese Bowl Homemade Creamy Macaroni & Cheese w/ Barilla Pasta Plus Seasoned Dill Carrots Whole Grain Pretzel	**Texas Cheeseburger Melt** With Texas Toast and American Cheese Baked French Fries BBQ Baked Beans	**Southwestern Beef Nacho** Whole Grain Tortilla Chips Macho Nacho Beef w/ Refried Beans, Homemade Cheese Sauce, Jalapeno Peppers, Black Olives and Chunky Tomato Salsa	**Pasta Bowl** Breaded Chicken Parmesan With Barilla Pasta Marinara Sauce Seasoned Green Beans Italian Bread	**Roast Turkey** Carved Turkey & Gravy Mashed Potatoes & Homemade Stuffing Seasoned Carrots *Cranberry Sauce*
13	14	15	16	17
Korean Ribs w/ Honey BBQ Sauce Steamed Brown Rice Warm Corn Bread Seasoned Carrots & Onions	**Rotini and Meatball Bowl** Italian Meatballs Marinara Sauce Seasoned Carrots Seasoned Peas Italian Bread	**Extra Crispy Oven Fried Chicken** Mashed Potatoes Country Style Gravy Fresh Glazed Carrots Cinnamon Apple Crisp Homemade Biscuit	**Philly Cheese Steak Made to order** Sautéed Local Peppers & Onions Homemade Cheese Sauce WG Sub Roll Oven Baked Tater Tots	**Chunky Chili Scoops** Savory Beef with Kidney Beans w/ Scoops Shredded Cheddar Cheese Corn Cob President Smart Cookie Treat!
20	21	22	23	24
Vacation	Vacation	Vacation	Vacation	Vacation
27	28	30		
Chicken Bowl Breaded Chicken w/ Gravy Mashed Potatoes Seasoned Carrot Whole Grain Dinner Roll *Shredded Parm*	**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** Breaded Chicken Strips Homemade Creamy Macaroni & Cheese Fresh Roasted Vegetables		***If your child has food allergies and you would like more information about the food served, please contact us***

If a parent desires, a student's account may be set up with spending restrictions. Please contact the Business Office 781-446-6210

BAKE

Made on Whole Grain w/ Reduced Fat Cheese
Fresh Baked Cheese

Specials for the Week

Mondays: **Locally Grown Broccoli Pizza**
Tuesdays: **Pepperoni Pizza**
Thursdays: **Hawaiian Pizza**
Fridays: **Pepperoni Pizza**

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

TASTE

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

Specials for the Week

Mondays: **Chicken Parmesan**
Tuesdays: **Bacon Cheeseburger**
Thursdays: **Triple Decker Grilled Cheese**
Fridays: **Meatball Sub**

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

Veggie Burgers Available upon request
See your cafeteria manager daily

Outtakes

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.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program.