

Wellesley High School Lunch Menu February

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
Orange Smiles

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

Available Daily

Coming Soon!
Premium Thurman's Deli Meats!



NEW!!
Au Bon Pain Soup
offered Daily
\$3.00



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

		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	Southwestern Beef Nacho Whole Grain Tortilla Chips Macho Nacho Beef w/ Refried Beans, Homemade Cheese Sauce, Jalapeno Peppers, Black Olives and Chunky Tomato Salsa	 Made to Order Grilled Chicken Caesar Wrap	Pasta Bowl Breaded Chicken Parmesan With Barilla Pasta Marinara Sauce Seasoned Green Beans Italian Bread	Roasted Turkey Carved Turkey & Gravy Mashed Potatoes & Homemade Stuffing Seasoned Carrots Cranberry Sauce
13	14	15	16	17
Extra Crispy Oven Fried Chicken Mashed Potatoes Country Style Gravy Fresh Glazed Carrots Cinnamon Apple Crisp Homemade Biscuit	Rotini and Meatball Bowl Italian Meatballs Marinara Sauce Seasoned Carrots Seasoned Peas Italian Bread	 Made to Order Buffalo Chicken Wrap	Philly Cheese Steak Made to order Sautéed Local Peppers & Onions Homemade Cheese Sauce WG Sub Roll Oven Baked Tater Tots	Vacation
20	21	22	23	24
Vacation	Vacation	Vacation	Vacation	Vacation
<p>If a parent desires, a student's account may be set up with spending restrictions. Please contact the Business Office 781-446-6210</p>				
27	28	30		
Vacation	Teriyaki Noodle Bowl Beef Teriyaki w/ Oriental Vegetables over Barilla Plus Lo Mein Noodles Steamed Broccoli Mini Egg Roll Fortune Cookie	 Made to Order Cajun Chicken Wrap		If your child has food allergies and you would like more information about the food served, please contact the us

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: Roasted Vegetable Pizza

Tuesdays: Ham & Cheese Calzone

Wednesdays: Locally Grown Broccoli Pizza

Thursdays: Meatball 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: Chicken Parmesan

Tuesdays: Local Broccoli & Cheddar Panini Wrap

Wednesdays: Chicken Nuggets with Oven Baked Potato

Wedges & a Dinner Roll

Thursdays: Bacon Cheese Burger

Fridays: Sicilian Panini

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, Garden Salad with Cheese, Buffalo Chicken Salad, BBQ Chicken Wrap, Buffalo Chicken Wrap, Ham & Cheese Wrap, Turkey & cheese Wrap 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!

Interested in online
Pre-payments
Get account Balance