



Home-style favorites made with healthy proteins, whole grains, fresh fruits and vegetables.



Freshly Prepared Deli Style Sandwiches Made to Order
Featuring:
• Fresh Veggies
• Variety of Cheeses
• Whole Grain Breads, Rolls and Wraps



Daily house made soup
Offered with all meals:

Create Your Own Salad with Fresh Greens and a variety of Garden Fresh Veggies and Toppings.

Chef Creations like Pasta and Potato Salads are also available.

LaSalle Institute High School-middle school Lunch Menu December 2017

GET FRESH. BUY LOCAL.



Chartwells School Dining Services

				1
				Meatball Stromboli Pasta Marinara Italian Green beans
4	5	6	7	8
Oven Fried Chicken Tender Chicken with Mac & Cheese, Seasoned Green Beans, Fresh Baked corn bread	Chicken Soft Taco's Served on a hard shell Fresh Pico De Galo Buttered White Rice Mexicali corn	Shaved Steak Sandwich served with onions, peppers and mushrooms Mashed potatoes and gravy and buttered corn	Double Dogs Hot Dog Bar with Chili and Assorted Toppings, served with Oven Baked Fries	Chicken bacon Ranch personal pan Pizza Pasta Alfredo
11	12	13	14	15
Chicken and Waffles Tender Breaded Chicken served over Whole Grain Waffles, drizzled with Sweet Pancake Syrup	Burrito Bar Make your own Burrito Peppers, onions, sour cream. Cheddar cheese Pico de galo Spanish rice	BBQ Pulled Pork Tender Shredded Pork with Tangy BBQ Sauce and Carolina Cole Slaw, served with Oven Baked Fries	Chicken Parm served over pasta. Garlic Breadsticks Veg of the day.	Pepperoni Calzone Pasta with Broccoli, spinach and garlic butter
18	19	20		
Chicken Caesar Salad Bar Croutons, parm cheese. Pasta with garlic and butter.	Mexican Fiesta Nachos, Salad topped with Chicken or with Cheese, Sour Cream and Salsa Southwestern Mac and cheese	Buffalo Chicken Personal Pan Pizza Caesar salad Kettle chips		
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Menu Subject to Change



Any questions please call Aaron Mondore, Director of Dining Services at 518-682-7428

If you have any food allergies, please let us know!

Prices: Student Meal: \$4.40



Daily hand Tossed Pizza by the slice



Available daily:

Hamburger, Cheeseburger, Chicken Patty, Buffalo Chicken Patty & Chicken Nuggets
Served with Your Choice of Hot or Cold Vegetables, Salad, Fruit, Milk and Whole Grain Bread



Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

Daily Specials may include...
Chicken Caesar Wrap, Chicken Caesar Salad,
Turkey Club Sandwich,
Italian Sub and Yogurt Parfait's and



Grilled Panini
Toasty and Delicious!
Check the Deli Station daily for toasted Panini Specials

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