



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.

High School-middle school Lunch Menu March 2018

GET FRESH. BUY LOCAL.

Eat • Learn • Live
Environments
Chartwells School Dining Services

			1	2
			Beef Soft Taco's White buttered Rice Mexicali Corn	Garlic Breadstick served with marinara Cheese pizza Nacho bar with no meat Clam Chowder
5	6	7	8	9
Buffalo chicken Tender Mac and Cheese bowl Garlic Bread stick Veg of the day	Grilled ¼ bacon Cajun Cheeseburger with L,T,O On sesame bun Onion Rings Veg of the day	Classic Rachel Sandwich Turkey, coleslaw, Swiss Steak Fries Veg of the day	General TSO Chicken Veg Fried Rice Veggie Egg roll Veg of the day	Garlic Breadstick served with marinara Cheese pizza Nacho bar with no meat Clam Chowder
12	13	14	15	16
Oven Fried Chicken Tender Chicken with Roasted Garlic Mashed Potatoes , Sweet buttered corn	Bacon Swiss Chicken Sandwich with Garlic basil mayo Au gratin Potatoes Sweet corn	Brooklyn Mix melt Salami,capicola bologna, pepperoni provolone oil and vinegar Garlic Parma tater tots Veg of the day	Chicken Broccoli Alfredo Gariic Breadstick Fresh Broccoli Florets	Garlic Breadstick served with marinara Cheese pizza Nacho bar with no meat Clam Chowder
19	20	21	22	23
Ground Turkey Nacho's Steamed Rice Vegetarian Refried Beans Sour cream, roasted tomato salsa	Honey Ginger Chicken Cilantro Lime rice Pork Egg Roll Veg of day	Classic Rueben Sandwich Curly Fries Veg of the day	Classic Beef Stroganoff Over Egg noodles Buttered Dinner roll Veg of the Day	Garlic Breadstick served with marinara Cheese pizza Nacho bar with no meat Clam Chowder
26	27	28	29	30
Crispy Chicken breast tenders Waffles, with Syrup Mashed Potatoes Southern Green beans	New Orleans Style BBQ Chicken Sandwich Rice and Beans Veg of the day	NYC Deli melt Pastrami, grilled onions, muenster cheese on onion roll. Kettle chips Veg of the day	Mama Mia House made meatballs with spaghetti Green beans with garlic and tomato Pasta Fagioli soup	Garlic Breadstick served with marinara Cheese pizza Nacho bar with no meat Clam Chowder

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:
Cheeseburger, Chicken Patty, fresh buffalo Chicken
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



This institution is an equal opportunity provider and employer