



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 November 2017

GET FRESH.
BUY LOCAL.

Environments Eat · Learn · Live
Chartwells School Dining Services

		1	2	3
		Chicken Caesar Salad Bar, Croutons, parm cheese. Pasta with garlic and butter.	Southwestern burrito With pepper and onions, refried beans and sour cream and lettuce. Cheddar cheese also available	Hand tossed Pizza cheese or pepperoni Pasta Marinara Italian Green beans
6	7	8	9	10
Oven Fried Chicken Tender Chicken with Mac & Cheese, Seasoned Green Beans, Fresh Baked Biscuit	Chicken Fajitas Fajita Seasoned Chicken with Cheddar, Peppers and Onions on a Soft Tortilla	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	Veterans Day
13	14	15	16	17
Chicken Fajitas Fajita Seasoned Chicken with Cheddar, Peppers and Onions on a Soft Tortilla	Pasta Bar Al Dente Pasta topped with your choice of Cheese Sauce, Marinara or Italian Meat Sauce Garlic Breadstick	Shepherd's Pie Seasoned Ground Beef Layered with Sweet Corn and Creamy Mashed Potatoes, topped with Brown Gravy	Chicken and Waffles Tender Breaded Chicken served over Whole Grain Waffles, drizzled with Sweet Pancake Syrup	Staff Development Day
20	21	22	23	24
Baked Potato Bar Baked Potato with your choice of Toppings including Chili, Cheddar Cheese or Steamed Broccoli	Turkey Dinner Tender Roast Turkey & Gravy served with Creamy Mashed Potatoes Dinner Rolls	Thanksgiving Holiday	Thanksgiving Holiday	Thanksgiving Holiday
27	28	29	30	
Cheeseburger Bar Create your own with Bacon, Lettuce, Tomato and Assorted Toppings, served with Oven Baked Fries	Mexican Fiesta Nachos, Salad topped with Chicken or with Cheese, Sour Cream and Salsa	<i>Noodle Bowl</i> Chicken Teriyaki Teriyaki Glazed Chicken with Spinach, Carrots and Scallions in a Ginger Spiced Broth	BBQ Pulled Pork Tender Shredded Pork with Tangy BBQ Sauce and Carolina Cole Slaw, served with Oven Baked Fries	



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

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



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