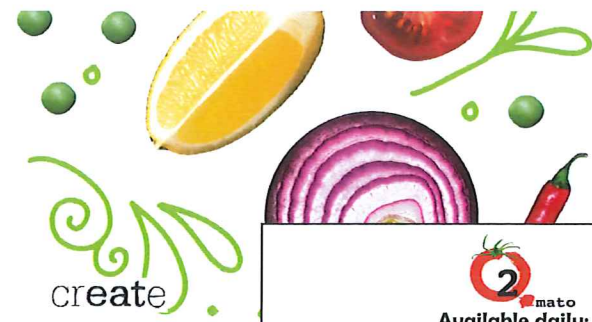




# Discovery KITCHEN



GET FRESH. BUY LOCAL.

create

This month we're celebrating autumn squash



in your café!

extra extra

List snack and beverages Featuring:

- After School snack program 2:30pm-3:15pm
- Pre-made salads, sandwiches
- Grab and go snacks

## ON THE GO Daily Specials

Assorted pre-packaged entrée salads and deli

Daily Specials may include...  
 Chicken Caesar Salad,  
 Turkey Club Sandwich,  
 Italian Sub and Yogurt Parfaits,  
 Pudding Parfaits  
 fresh Mozz sticks,  
 Fresh apples and oranges

## Chartwells dining Services September Menu 2019

				6 Chef's steak and cheese signature sandwich Waffle Fries Sweet Corn
9 Fried Chicken Tender Caesar Salad boat, with croutons, and parm cheese	10 Baked Pepperoni Taquitos, side marinara Oven roasted tater tots Steamed buttered corn	11 Pepper jack chicken Club sandwich served on fresh bakery hard roll Onion rings Broccoli and cheddar	12 Breakfast Quesadilla (Egg, bacon, cheddar cheese) salsa and sour cream Southwestern Home fries	13 Baked Ziti (Ground beef, ricotta cheese, and mozzarella cheese.) Caesar Salad  Dinner roll
16 Buffalo chicken Mac and Cheese  Southern buttermilk biscuit Vegetable Medley	17 Grilled Cheese Hot dog with bacon, pickles and minced onion jam  Side onion rings Sweet corn	18 House made Chicken Lo Mein  Egg roll Ginger fried vegetable Medley	19 Chicken Broccoli Alfredo over rigatoni pasta  Garlic bread stick	20 Mozzarella cheese sticks served over rigatoni with fresh Marinara and parm cheese.
23 Generals Tso's spicy sweet Chicken  served with Steamed Broccoli and Steamed Jasmine rice	24 Chicken Soft Taco's  Mexican Rice BBQ black beans	25 Chicken Parm Wrap Tenders, pizza sauce Mozzarella cheese Tortellini Salad	26 Mexican Style Beef Nacho's served with Jalapeño Cheese sauce Southwestern Corn Salad	27 Pasta Bar Choice of Meat sauce, Alfredo or signature mac and cheese sauce Garlic bread stick
30 Kung Pao Chicken Potstickers  White jasmine rice Stir fry vegetable in Hong kong sauce				31

**2** mato  
**Available daily:**  
**Fresh Hand Tossed Pizza**  
 Cheese Pizza daily

**Specialty Pizza every day Chef's inspiration**

**grill'd**  
**Available daily:**  
**Chef's inspiration of the day for sandwich slide**

**SO DELI**  
**A house favorite**

*Freshly sliced premium deli meats and cheeses*  
*Fresh bread daily delivered from Rockland Bakery*  
*Every sandwich vegetable known to man*  
*Make it a meal deal with a cup of soup and a bag of chips and Saratoga water for \$5.00*

Menu Subject to Change 🌾 All grain items are made with whole grains  
**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 deal \$5.00 • which includes fresh protein, starch and veg and a bottled Saratoga water  
 Or Arnold Palmer Tea



This institution is an equal opportunity provider and employer