



Healthy Food for Healthy Schools by Chartwells

Menu items may be subject to change depending on availability. **All healthy / Balanced Choices noted in green.**

WEEK 1

Soup Emporium

Balanced Choice:

Make mine a Combo:

Pizza:

On The Go SPECIAL OF THE DAY

Available Every Day:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Noodle Or Chicken Rice	Cream of Tomato	Beef and Barley	Cream of Broccoli	Vegetable Harvest
	Chili Taco Salad or Veggie and Cheese on Multigrain Milk/Juice/Water	Chicken Vegetable Stir Fry with Rice Bottled Water	Tuna or Egg Salad Wrap Carrot & Cucumber Slices Milk/Juice/Water	Half Whole Wheat Cheddar Toss Wrap made to order with soup, Milk or juice or Water	Quesadillas Milk/Juice/water
	Burgers Hot Sandwiches Chicken Nuggets/Fingers BBQ Pork Ribs	Burgers Hot Sandwiches Chicken Nuggets/Fingers Hot Dog	Burgers Hot Sandwiches Chicken Nuggets/Fingers Pogo	Burgers Hot Sandwiches Chicken Nuggets/Fingers Perogies	Burgers Hot Sandwiches Chicken Nuggets/Fingers Chicken Snack Wrappers
	Garlic Fingers Pepperoni Vegetarian	Chicken Pepperoni Vegetarian	Tropical Pepperoni Vegetarian	Bacon and Cheese Pepperoni Vegetarian	Greek Pepperoni Vegetarian
	Salad: Caesar Salad pasta Deluxe Grab Bag: Tortilla chips and salsa	Sandwich: Veggie Cheese Wrap Grab Bag: Veggie Kebobs	Salad: Veggies and Dip Grab Bag: Rice Krispie Dippers	Salad: Tri Colour Pasta and Veg Salad Grab Bag: Fruit and Muffin Kebabs	Salad: Chicken Caesar Salad Grab Bag: Bread Stix and Salsa
	An assortment of On The Go food choices: Sandwiches, Salads, Jamaican patties Parfaits, Snacks – refer to the <i>On The Go</i> section ,Choice of soup or salad with all meals Assortment of snacks – Crackers and Cheese, Granola/Grain Bars, Rice Cakes and Cheerios Cereal Bowl , Fresh Fruit, Yogurt, Baked Goods ,Parfaits Assorted beverages – cold and hot. Includes milk, bottled water, 100% juice, soy beverage and carbonated beverages (as appropriate)				

WEEK 2
Soup Emporium

Balanced Choice:

Make Mine A Combo:

Pizza:

On the Go SPECIALS OF THE DAY

Available Every Day:

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Rice	Chicken Noodle	Beef Vegetable	Cream of Mushroom	Vegetable
Mexican Rice Bowl Vegetarian or Egg Salad on Multigrain Milk/Juice	Cheese Pizza Tossed Salad Bottled Water	Half whole wheat wrap with soup Milk/Juice/Water	Pasta with Tomato Sauce Side Caesar Salad Milk/Juice/Water	Sweet and Sour Chicken with rice Milk/Juice or half whole wheat Veggie Wrap with Cheese
Burgers Hot Sandwiches Chicken Nuggets/Fingers, BBQ Pork Ribs	Burgers Hot Sandwiches Chicken Nuggets/Fingers Hot Dog	Burgers Hot Sandwiches Chicken Nuggets/Fingers Pogo	Burgers Hot Sandwiches Chicken Nuggets/Fingers Perogies	Burgers Hot Sandwiches Chicken Nuggets/Fingers Chicken Snack Wrappers
Pizza Fingers Pepperoni Vegetarian	Cheese Pepperoni Vegetarian	Garlic Fingers Pepperoni Vegetarian	Deluxe Pepperoni Vegetarian	Stuffed Crust Pizza Pepperoni Vegetarian
Salad: Veggies and dip Grab Bag: Tortilla chips and salsa	Salad: Zesty Salsa Pasta Grab Bag: Veggie Kebobs	Salad: Garden Salad Green Apple Wedges	Salad: Hummus Raw veggies, pita Grab Bag: Fruit and Muffin Kebabs	Salad: Veggies and Dip Grab Bag: Bread Stix and Salsa
An assortment of <i>On The Go</i> food choices: Sandwiches, Salads, Jamaican patties Parfaits, Snacks – refer to the <i>On The Go</i> section ,Choice of soup or salad with all meals Assortment of snacks – Crackers and Cheese, Granola/Grain Bars, Rice Cakes and Cheerios Cereal Bowl , Fresh Fruit, Yogurt, Baked Goods,Parfaits Assorted beverages – cold and hot. Includes milk, bottled water, 100% juice, soy beverage and carbonated beverages (as appropriate)				

DAY 2 DAY
always there...always fresh

WEEK 3

Soup Emporium

Balanced Choice:

Make Mine A Combo:

Pizza:

On The Go SPECIALS OF THE DAY

Available Every Day:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Tomato Vegetable	Chicken Noodle	Chicken Rice	Cream of Potato	Harvest Vegetable
	Vegetarian Wrap with Cheese Milk/Juice/ Water	Stir Fried Chicken with Broccoli and Rice Milk/Juice/Water	Half whole wheat Wrap made to order with soup Milk/Juice/Water	Macaroni and Cheese with side salad Milk/juice/water	Greek Salad Wrap Milk/Juice/water
	Burgers Hot Sandwiches Chicken Nuggets/Fingers, BBQ Pork Ribs	Burgers Hot Sandwiches Chicken Nuggets/Fingers Hot Dog	Burgers Hot Sandwiches Chicken Nuggets/Fingers Pogo	Burgers Hot Sandwiches Chicken Nuggets/Fingers Perogies	Burgers Hot Sandwiches Chicken Nuggets/Fingers Chicken Snack Wrappers
	Garlic Fingers Pepperoni Vegetarian	Mexican Pepperoni Vegetarian	Planarity Pepperoni Pepperoni Vegetarian	Bacon and Cheese Pepperoni Vegetarian	Greek Pepperoni Vegetarian
	Salad: Caesar Salad pasta Deluxe	Salad: Couscous Vegetable Salad	Salad: Veggies and Dip	Salad: Fruit and Cheese Salad Deluxe	Salad: Chicken Caesar Salad Deluxe
	Grab Bag: Munchy bunchies	Grab Bag: Fruit and Muffin Kebabs	Parfait: Cookie Pudding Parfait Grab Bag: Rice Krispie Dippers	Grab Bag: Mini Brownie Bites, (5)	Grab Bag: Bread Stix and Salsa
	An assortment of On The Go food choices: Sandwiches, Salads, Jamaican Patties Parfaits, Snacks – refer to the <i>On The Go</i> section ,Choice of soup or salad with all meals Assortment of snacks – Crackers and Cheese, Granola/Grain Bars, Rice Cakes and Cheerios Cereal Bowl , Fresh Fruit, Yogurt, Baked Goods, Parfaits				
	Assorted beverages – cold and hot. Includes milk, bottled water, 100% juice, soy beverage and carbonated beverages (as appropriate)				



WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Emporium	Beef Vegetable	Chicken Noodle	Tomato Macaroni	Cream of Cauliflower	Louisiana Chicken Rice
Balanced Choice:	Half whole wheat wrap made to order Milk/Juice/water	Vegetable Cheese Sandwich Milk, juice or water	Half Veggie Sub with cheese Milk/Juice/Water	Half Whole Wheat Wrap made to order with soup, Milk or juice or Water	Shaved Ham on a Bun Add soup or salad Milk/Juice/Water
Make Mine A Combo:	Burgers Hot Sandwiches Chicken Nuggets/Fingers, BBQ Pork Ribs	Burgers Hot Sandwiches Chicken Nuggets/Fingers Hot Dog	Burgers Hot Sandwiches Chicken Nuggets/Fingers Pogo	Burgers Hot Sandwiches Chicken Nuggets/Fingers Perogies	Burgers Hot Sandwiches Chicken Nuggets/Fingers Chicken Snack Wrappers
Pizza:	Garlic Fingers Pepperoni Vegetarian	Chicken Pepperoni Vegetarian	Panzarotti Deluxe Pepperoni Vegetarian	Bacon and Cheese Pepperoni Vegetarian	Greek Pepperoni Vegetarian
On The Go SPECIALS OF THE DAY	Salad: Chicken Caesar Salad pasta Deluxe Grab Bag: Tortilla chips and salsa	Salad: Greek Salad Grab Bag: Veggie Kebobs	Salad: Veggies and Dip Grab Bag: Rice Krispie Dippers	Salad: Tri Colour Pasta and Veg Grab Bag: Fruit and Muffin Kebabs	Salad: Garden Salad Grab Bag: Bread Stix and Salsa
Available Every Day:	An assortment of On The Go food choices: Sandwiches, Salads, Jamaican Patties Parfaits, Snacks – refer to the <i>On The Go</i> section ,Choice of soup or salad with all meals Assortment of snacks – Crackers and Cheese, Granola/Grain Bars, Rice Cakes and Cheerios Cereal Bowl , Fresh Fruit, Yogurt, Baked Goods,Parfaits Assorted beverages – cold and hot. Includes milk, bottled water, 100% juice, soy beverage and carbonated beverages (as appropriate)				