



Chartwells Elementary – Middle School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday			
 <p>Week 1: Balanced Choice Meal</p> <p>Dates:</p> <p>For the Larger Appetities</p>	Open Faced Hamburger Mashed Potatoes Mixed Veggies Milk \$3.25	Spaghetti and Lean Meat Sauce Veggie Sticks Milk \$3.25	BBQ Chicken Piece Mashed Potatoes & Carrots Milk \$3.25	Shepherds Pie Corn Milk \$3.25	Cup of Chicken Noodle Soup Mini Kaiser Sub Milk \$3.25			
	3 Cheese Pizza Large Slice Side Salad Milk \$3.55	Oven Baked Lasagna Side Caser Salad, Breadstick Milk \$4.50	Mega Mexican Pizza Side Garden Salad Milk \$4.50	16 oz. Premium Grilled Chicken Caesar Salad \$4.50 Add a breadstick \$0.50	Corn Chowder Small Slice of Cheese Pizza Milk \$3.95			
	Whole Wheat Grilled Cheese Sandwich	Hamburger	Baked Potato (only as a pre-order)	Panzarotti (Cheese and Lean Ground Beef) half or whole)	Grilled Cheeseburger			
 <p>Week 2: Balanced Choice Meal</p> <p>Dates:</p> <p>For the Larger Appetities</p>	Sloppy Joe on a Whole Wheat Bun Mashed Potatoes Milk \$3.25	Tuna Noodle Casserole Peas Milk \$3.25	Diced Chicken on a Bun Mashed Potatoes & Mixed Vegetables Milk \$3.25	Cup of Chicken Noodle Soup Mini Kaiser Sub Milk \$3.25	Macaroni & Cheese Side Garden salad Milk \$3.25			
	3 Cheese pizza Side salad Milk \$3.55	Pasta Bar Your choice of 2 pastas Sauces & Meat with sautéed Vegetables \$4.95	Mega Mexican Pizza Side Garden Salad Milk \$4.50	16 oz. Premium Grilled Chicken Caesar Salad \$4.50 Add a breadstick \$0.50	Beefaronie Caesar Salad Bread Stick Milk \$4.50			
	Whole Wheat Grilled Cheese Sandwich	Hamburger	Baked Potato (only as a pre-order)	Panzarotti – (Cheese and Lean Ground Beef) half or whole0	Grilled Cheeseburger			
<p>Day To Day Check List</p> <p>An Assortment on the following will <u>be available each day</u></p> <p style="color: red;">Balanced Choice Meal; There will be a smaller meal offer to K-2 Students \$2.75 1 1/2 oz. of Meat, 1 scoop potatoes, 1/2 serving of vegetables & Milk</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 25%; vertical-align: top;"> <p style="text-align: center;">Salads</p> <p>Made with any of the following with light dressing: Assorted Lean Meats, Pasta, Rice, Fresh Vegetables or Fruit & or cheese \$2.40 - \$4.40</p> <p style="text-align: center;">Pizza</p> <p>Small or Mega Slice daily feature \$1.55 / \$3.25</p> </td> <td style="width: 25%; vertical-align: top;"> <p style="text-align: center;">Sandwiches, Subs and Wraps</p> <p>Made with Assorted: Whole Grain Breads, Buns, Tortillas and Pitas Filled with any of the following: Turkey, Roast Beef, Tuna, Egg or Chicken Salad (Light Mayo) Cheese, Assorted Veggies \$2.00 - \$6.59</p> <p>Grilled Cheese Sandwich \$2.00 Fresh Baked: Whole Wheat Bread Sticks \$0.65 - \$0.85 Low Fat High Fiber Fruit Muffins \$0.85 - \$1.10</p> </td> <td style="width: 25%; vertical-align: top;"> <p style="text-align: center;">Fruit and Vegetables:</p> <p>Fresh Fruit, Fruit Cups/Parfaits, Fruit and Veggie Cello Snack Bags \$1.00 - \$2.50 Yogurt and Fruit Parfaits \$2.10 Veggie Grab Bags \$1.35 Celery and Carrots Sticks with Dip \$ 1.00 Baked Tortilla with Salsa \$1.35 Fruit in a Bag \$ 1.35 Whole Fresh Fruit \$ 0.90 / \$1.35</p> <p>2 oz Grilled Hamburger \$2.00 Mashed Potatoes 2 scoops \$1.00</p> </td> <td style="width: 25%; vertical-align: top;"> <p style="text-align: center;">Beverages Dairy:</p> <p>Chocolate Milk - \$0.45 125 ml White Milk \$0.40 125 ml Yogurt 113g \$ 1.25 Yogurt Tubes \$0.80</p> <p style="text-align: center;">Beverages Non Dairy:</p> <p>Soy Beverage \$1.65 100% Fruit Juice 114 ml \$0.60 100 % Fruit Juice canned \$1.40 Bottled Water: 500 ml \$1.25</p> </td> </tr> </table>				<p style="text-align: center;">Salads</p> <p>Made with any of the following with light dressing: Assorted Lean Meats, Pasta, Rice, Fresh Vegetables or Fruit & or cheese \$2.40 - \$4.40</p> <p style="text-align: center;">Pizza</p> <p>Small or Mega Slice daily feature \$1.55 / \$3.25</p>	<p style="text-align: center;">Sandwiches, Subs and Wraps</p> <p>Made with Assorted: Whole Grain Breads, Buns, Tortillas and Pitas Filled with any of the following: Turkey, Roast Beef, Tuna, Egg or Chicken Salad (Light Mayo) Cheese, Assorted Veggies \$2.00 - \$6.59</p> <p>Grilled Cheese Sandwich \$2.00 Fresh Baked: Whole Wheat Bread Sticks \$0.65 - \$0.85 Low Fat High Fiber Fruit Muffins \$0.85 - \$1.10</p>	<p style="text-align: center;">Fruit and Vegetables:</p> <p>Fresh Fruit, Fruit Cups/Parfaits, Fruit and Veggie Cello Snack Bags \$1.00 - \$2.50 Yogurt and Fruit Parfaits \$2.10 Veggie Grab Bags \$1.35 Celery and Carrots Sticks with Dip \$ 1.00 Baked Tortilla with Salsa \$1.35 Fruit in a Bag \$ 1.35 Whole Fresh Fruit \$ 0.90 / \$1.35</p> <p>2 oz Grilled Hamburger \$2.00 Mashed Potatoes 2 scoops \$1.00</p>	<p style="text-align: center;">Beverages Dairy:</p> <p>Chocolate Milk - \$0.45 125 ml White Milk \$0.40 125 ml Yogurt 113g \$ 1.25 Yogurt Tubes \$0.80</p> <p style="text-align: center;">Beverages Non Dairy:</p> <p>Soy Beverage \$1.65 100% Fruit Juice 114 ml \$0.60 100 % Fruit Juice canned \$1.40 Bottled Water: 500 ml \$1.25</p>
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* All ground Beef will be lean Ground Beef * All Pizza crust will be made with whole wheat Pizza Crust* All Cheese will be low fat cheese products.