



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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup Emporium</b>	Chicken Noodle Or Chicken Rice	Cream of Tomato	Beef and Barley	Cream of Broccoli	Vegetable Harvest
<b>Today's Feature</b>	Chef's Choice	Chef's choice	<b>Chef's choice</b>	Chef's Choice	Chef's choice
<b>Balanced Choice:</b>	Vegetarian Garden Pita with Hummus Add Milk/Juice/Water	Chicken Vegetable Stir Fry with Rice Add Bottled Water	Salmon Salad and cucumber on rye Add Milk/Juice/Water	Half Whole Wheat Cheddar Toss Wrap made to order with soup, Add Milk or juice or Water	Soft chicken Tacos Add Milk/Juice/water
<b>Make mine a Combo:</b>	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
<b>Pizza:</b>	Garlic Fingers Pepperoni Vegetarian	Chicken Pepperoni Vegetarian	Tropical Pepperoni Vegetarian	Bacon and Cheese Pepperoni Vegetarian	Greek Pepperoni Vegetarian
<b>On The Go SPECIAL OF THE DAY</b>	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: green apples and caramel dip	Salad: Tri Colour Pasta and Veg Salad  Grab Bag: Fruit and Muffin Kebabs	Salad: Chicken Caesar Salad Grab Bag: Bread Stix and Salsa
<b>Available Every Day:</b>	An assortment of <b>On The Go</b> 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 – <b>Crackers and Cheese, Granola/Grain Bars, Rice Cakes and Cheerios Cereal Bowl , Fresh Fruit, Yogurt, Baked Goods ,Parfaits</b> Assorted beverages – cold and hot. Includes <b>milk, bottled water, 100% juice, soy beverage</b> and carbonated beverages (as appropriate)				



WEEK 2

**Soup Emporium**

**Today's Feature:**

**Balanced Choice:**

**Make Mine A Combo:**

**Pizza:**

**On the Go SPECIALS OF THE DAY**

**Available Every Day:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tomato Rice</b>	<b>Chicken Noodle</b>	<b>Beef Vegetable</b>	<b>Cream of Mushroom</b>	<b>Vegetable</b>
<b>Chef's choice</b>	Chef's choice	Chef's choice	<b>Chef's choice</b>	Chef's Choice
<b>Toasted Western on whole wheat Add Milk/Juice/water</b>	<b>Cheese Pizza Tossed Salad Add Bottled Water</b>	<b>Beef Stir Fry in a Pita Add Milk/Juice/Water</b>	<b>Pasta with Tomato Sauce Side Caesar Salad Milk/Juice/Water</b>	<b>Green Curry chicken with peas and rice Add Milk/Juice</b>
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 <b>Vegetarian</b>	<b>Cheese</b> Pepperoni <b>Vegetarian</b>	<b>Garlic Fingers</b> Pepperoni <b>Vegetarian</b>	Deluxe Pepperoni <b>Vegetarian</b>	Stuffed Crust Pizza Pepperoni <b>Vegetarian</b>
<b>Salad: Veggies and dip</b>	<b>Salad: Zesty Salsa Pasta</b>	<b>Salad: Garden Salad</b>	<b>Salad: Hummus Raw veggies, pita</b>	<b>Salad: Veggies and Dip</b>
<b>Grab Bag: Tortilla chips and salsa</b>	<b>Grab Bag: Veggie Kebobs</b>	<b>Green Apple Wedges</b>	Grab Bag: Fruit and Muffin Kebabs	<b>Grab Bag: Bread Stix and Salsa</b>
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 – <b>Crackers and Cheese, Granola/Grain Bars, Rice Cakes and Cheerios Cereal Bowl , Fresh Fruit, Yogurt, Baked Goods,Parfaits</b> Assorted beverages – cold and hot. Includes <b>milk, bottled water, 100% juice, soy beverage</b> and carbonated beverages (as appropriate)				



WEEK 3

Soup Emporium

Today's Feature:

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
	Chef's choice	Chef's choice	Chef's Choice	Chef's choice	Chef's choice
	California chicken Salad Pita Add 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	Beef tomato and macaroni Casserole with side salad Add Milk/juice/water	Greek Vegetarian Pita Add 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 <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)				



WEEK 4

Soup Emporium

Today's Feature:

Balanced Choice:

Make Mine A Combo:

Pizza:

On The Go SPECIALS OF THE DAY

Available Every Day:

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Beef Vegetable</b>	<b>Chicken Noodle</b>	<b>Tomato Macaroni</b>	<b>Cream of Cauliflower</b>	<b>Louisiana Chicken Rice</b>
	Chef's choice	Chef's choice	<b>Chef's choice</b>	<b>Chef's choice</b>	Chef's Choice
	<b>Pizza submarine veg and cheese</b> <b>Add Milk/Juice/water</b>	<b>French Dip Beef Hoagie</b> <b>Add Milk, juice or water</b>	<b>Chicken Caesar snack Wrap</b> <b>Add Milk/Juice/Water</b>	<b>Half Whole Wheat Wrap</b> <b>made to order with soup,</b> <b>Add Milk or juice or Water</b>	<b>Chicken and vegetable Lo Mein</b> <b>Add Milk/Juice/Water</b>
	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
	<b>Garlic Fingers</b> Pepperoni <b>Vegetarian</b>	<b>Chicken</b> Pepperoni <b>Vegetarian</b>	Panzarotti Deluxe Pepperoni <b>Vegetarian</b>	Bacon and Cheese Pepperoni <b>Vegetarian</b>	Greek Pepperoni <b>Vegetarian</b>
	Salad: Chicken Caesar Salad pasta Deluxe	<b>Salad: Greek Salad</b>	<b>Salad: Veggies and Dip</b>	<b>Salad: Tri Colour Pasta and Veg</b>	<b>Salad: Garden Salad</b>
	<b>Grab Bag: Tortilla chips and salsa</b>	<b>Grab Bag: Veggie Kebobs</b>	Grab Bag: Rice Krispie Dippers	Grab Bag: Fruit and Muffin Kebabs	<b>Grab Bag: Bread Stix and Salsa</b>
	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 – <b>Crackers and Cheese, Granola/Grain Bars, Rice Cakes and Cheerios Cereal Bowl , Fresh Fruit, Yogurt, Baked Goods,Parfaits+</b> Assorted beverages – cold and hot. Includes <b>milk, bottled water, 100% juice, soy beverage</b> and carbonated beverages (as appropriate)				