



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
Soup Emporium	Chicken Noodle Or Chicken Rice	Cream of Tomato	Beef and Barley	Cream of Broccoli	Vegetable Harvest
Today's Feature	Chef's Choice	Chef's choice	Chef's choice	Chef's Choice	Chef's choice
Balanced Choice:	Vegetarian Garden Pita with Hummus Add Milk/Juice/Water	Chicken salad with Lettuce and Tomato on Multi Grain Add Bottled Water/Milk or Juice	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	Veggie Cheese Wrap Add 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	Tropical Pepperoni Vegetarian	Bacon and Cheese Pepperoni Vegetarian	Greek Pepperoni Vegetarian
On The Go SPECIAL OF THE DAY	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
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)				



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
Tomato Rice	Chicken Noodle	Beef Vegetable	Cream of Mushroom	Vegetable
Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's Choice
Toasted Western on whole wheat Add Milk/Juice/water	Cheese Pizza Tossed Salad Add Bottled Water	Vegetarian on Whole Grain Add Milk/Juice/Water	Salad Plate with hummus and raw veggies Add Milk/Juice/Water	Half Wrap with Garden salad, or soup Add Milk/Juice
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	Salad: Zesty Salsa Pasta	Salad: Garden Salad	Salad: Hummus Raw veggies, pita	Salad: Veggies and Dip
Grab Bag: Tortilla chips and salsa	Grab Bag: Veggie Kebobs	Green Apple Wedges	Grab Bag: Fruit and Muffin Kebabs	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 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	Slice Veggie Pizza with side salad Add Milk/Juice/Water	Half whole wheat Wrap made to order with soup Add Milk/Juice/Water	Tuna on multi grain with choice of salad or soup 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 Grab Bag: Munchy bunchies	Salad: Couscous Vegetable Salad Grab Bag: Fruit and Muffin Kebabs	Salad: Veggies and Dip Parfait: Cookie Pudding Parfait Grab Bag: Rice Krispie Dippers	Salad: Fruit and Cheese Salad Deluxe Grab Bag: Mini Brownie Bites, (5)	Salad: Chicken Caesar Salad Deluxe 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
	Beef Vegetable	Chicken Noodle	Tomato Macaroni	Cream of Cauliflower	Louisiana Chicken Rice
	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's Choice
	Pizza submarine veg and cheese Add Milk/Juice/water	French Dip Beef Hoagie Add Milk, juice or water	Chicken Caesar snack Wrap Add Milk/Juice/Water	Half Whole Wheat Wrap made to order with soup, Add Milk or juice or Water	Turkey and Swiss with Tomato on a Hoagie 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	Chicken Pepperoni Vegetarian	Panzarotti Deluxe Pepperoni Vegetarian	Bacon and Cheese Pepperoni Vegetarian	Greek Pepperoni Vegetarian
	Salad: Chicken Caesar Salad pasta Deluxe	Salad: Greek Salad	Salad: Veggies and Dip	Salad: Tri Colour Pasta and Veg	Salad: Garden Salad
	Grab Bag: Tortilla chips and salsa	Grab Bag: Veggie Kebobs	Grab Bag: Rice Krispie Dippers	Grab Bag: Fruit and Muffin Kebabs	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)				