




Middle School Menu for Week of March 1 - 5, 2010

Station	Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
 Daily Theme Bar	MOM'S MASHED POTATO BOWL BAR <i>Today's Featured Selection</i> Chicken Nuggets w/ Mashed Potatoes & Gravy Glazed Carrots Whole Grain Roll	FIESTA BAR <i>Today's Featured Selection</i> Taco Salad (w/Taco Meat or Refried Beans) Lettuce, Tomato & Cheddar Cheese Fiesta Rice Golden Corn	AMERICAN DINER BAR <i>Today's Featured Selection</i> Oven Fried Chicken w/Mashed Potatoes *Mixed Vegetables *Breadstick	ASIAN BAR <i>Today's Featured Selection</i> Chicken Fried Rice Stir Fry Vegetables Whole Grain Roll	ITALIAN BAR <i>Today's Featured Selection</i>  *Pasta w/ Marinara Sauce with or without Meatballs *Green Beans Whole Grain Roll
 Cheese Pizza Available Daily	Pepperoni Pizza Mexican Pizza	Italian Sausage Pizza Pepperoni Calzone	Buffalo Chicken Pizza *BBQ Chicken Pizza	Italian Sausage Pizza Cheese Calzone *Cheese Pizza	Pepperoni Pizza Hawaiian Pizza
 All Beef Hot Dog, Chicken Patty, or Cheeseburger Available Daily	Salsa Burger Combo'd with: Oven Fries	 *Buffalo Chicken Wrap Toasted Cheese Sandwich Combo'd with: *Golden Corn	Breaded Chicken Cordon Bleu on Bun Combo'd with: Tator Tots	BLT Burger Toasted Cheese Sandwich Combo'd with: Potato Wedges	Breaded Chicken Club on a Bun Combo'd with: Oven Fries
 Assorted Meats, Cheese, Vegetable Toppings, Breads & Wraps including Whole Grain Options Available Daily	Made to Order Sandwiches & Salads *Chicken Salad Wrap	Made to Order Sandwiches & Salads Deli Chef Salad	Made to Order Sandwiches & Salads Italian Turkey Cold Cut Hoagie	Made to Order Sandwiches & Salads Parisian Ham & Cheese Wrap	Made to Order Sandwiches & Salads Southwest Corn & Black Bean Wrap
 Tossed Salad or 1oz Bag of Pretzels Available Daily as a Side	Fresh Apple Fresh Broccoli *Macaroni Salad *Chilled Pears	*Fresh Orange Wedges Chicken Noodle Soup Green Bean Salad Pineapple Tidbits	*Fresh Pear Cucumber Slices Homemade Cole Slaw Applesauce	*Banana Tomato Soup *Tossed Salad w/Lite Dressing *Baked Apple Slices	*Fresh Apple Fresh Cauliflower Sweet Corn Salad Hot Peach Crisp



Deli Chef Salad, Variety Chicken Salad, Garden Salad w/ Cheese (all offered w/ Whole Grain Roll)

Lunch Prices: Paid Lunch Meal: \$2.30 Reduced Lunch Meal: \$.40
 Adult Lunch Meal \$ 2.75 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50
 Skim White Milk, 1% White Milk, and 1% Chocolate Milk are offered with all meals

Full Student Lunch Includes Choice of 1 Entrée, 2 Sides, and a Milk



*Balanced Choices Meals are meal combinations that meet Chartwells precise nutrition standards that endorse healthy eating guidelines for students.

***Balanced Choices Meal components are bolded on the menu.**



Did you know... Nature created herbs and spices with a two-fold purpose- to make our favorite foods taste great and promote health & wellness. New research is showing that a spicier life may be a healthier one! Seasoning foods with herbs and spices is a great way to add flavor to foods without adding salt, sugar, and extra fats. Scientists are also exploring the therapeutic use of herbs and spices in cooking.
Savor the Flavor of Herbs and Spices! Try our new herb & spice menu items this month.

Middle School Menu for Week of March 8 - 12, 2010

Station	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12
 Daily Theme Bar	SPUD'S BAR <i>Today's Featured Selection</i> Baked Potato w/ Chili & Cheese Sauce Seasoned Broccoli Breadstick	ITALIAN BAR <i>Today's Featured Selection</i>  *Spaghetti w/ Italian Meatsauce  *Seasoned Carrots *Whole Grain Roll	AMERICAN DINER BAR <i>Today's Featured Selection</i>  *Oven Baked BBQ Chicken w/ Cheesy Macaroni *Green Beans *Buttermilk Biscuit	FIESTA BAR <i>Today's Featured Selection</i> Soft Shell Tacos (w/Taco Meat or Refried Beans) Lettuce, Tomato & Cheddar Cheese Fiesta Rice Golden Corn 	MOM'S MASHED POTATO BOWL BAR <i>Today's Featured Selection</i> Chicken Nuggets w/ Mashed Potatoes & Gravy Seasoned Peas & Carrots Whole Grain Roll
 Cheese Pizza Available Daily	Pepperoni Pizza Mexican Pizza	Italian Sausage Pizza Pepperoni Calzone	Buffalo Chicken Pizza Red Hot Chicken Pizza	Italian Sausage Pizza Cheese Calzone 	Pepperoni Pizza *Roasted Vegetable Supreme Flatbread
 All Beef Hot Dog, Chicken Patty, or Cheeseburger Available Daily	Sloppy Joe on a Bun Combo'd with: Cut Corn	Buffalo Style Breaded Chicken Sandwich Toasted Cheese Sandwich Combo'd with: Potato Wedges	Jalapeno Cheeseburger Combo'd with: Oven Fries	Chicken Nuggets w/Wheat Roll Toasted Cheese Sandwich Combo'd with: Tator Tots	School's Mascot Burger (Served w/ Choice of Cheese, Lettuce, Tomato, & Onion) Combo'd with: Potato Wedges
 Assorted Meats, Cheese, Vegetable Toppings, Breads & Wraps including Whole Grain Options Available Daily	Made to Order Sandwiches & Salads  *Chicken Caesar Wrap	Made to Order Sandwiches & Salads Ham & Cheese Wrap	Made to Order Sandwiches & Salads Cobb Salad	Made to Order Sandwiches & Salads  *Turkey Club Bagel 	Made to Order Sandwiches & Salads <i>Greek Tuna Salad on Wheat Bread</i>
 Tossed Salad or 1oz Bag of Pretzels Available Daily as a Side	*Fresh Orange Wedges Baby Carrots *Macaroni Salad Diced Peaches	Fresh Pear Chicken Noodle Soup Sweet Corn Salad *Pineapple Tidbits	*Fresh Apple Broccoli Buds Tomato Cucumber Salad Diced Pears	Fresh Banana Tomato Soup *Vegetable Pasta Salad *Applesauce	Fresh Orange Wedges Fresh Cauliflower *Corn & Black Bean Salad *Fruit Crisp



Deli Chef Salad, Variety Chicken Salad, Garden Salad w/ Cheese (all offered w/ Whole Grain Roll)

Lunch Prices: Paid Lunch Meal: \$2.30 Reduced Lunch Meal: \$.40
Adult Lunch Meal \$ 2.75 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50
Skim White Milk, 1% White Milk, and 1% Chocolate Milk are offered with all meals

Full Student Lunch Includes Choice of 1 Entrée, 2 Sides, and a Milk



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Middle School Menu for Week of March 15 - 19, 2010

Station	Monday 3/15	Tuesday 3/16	Wednesday 3/17	Thursday 3/18	Friday 3/19
 Daily Theme Bar	ITALIAN BAR <i>Today's Featured Selection</i>  *Creamy Chicken Pasta w/Broccoli Green Beans *Breadstick	MOM'S MASHED POTATO BOWL BAR <i>Today's Featured Selection</i>  *Meatloaf w/ Mashed Potatoes & Gravy *Mixed Vegetables *Whole Grain Roll	FIESTA BAR <i>Today's Featured Selection</i> Macho Nachos (w/Taco Meat or Refried Beans) Lettuce, Tomato & Cheddar Cheese *Fiesta Rice *Mexican Corn	AMERICAN DINER BAR <i>Today's Featured Selection</i>  Classic Chicken Paprika Over Rice Glazed Carrots Cornbread	ASIAN BAR <i>Today's Featured Selection</i>  *Sweet & Sour Chicken *Brown Rice *Steamed Broccoli
 Cheese Pizza Available Daily	Pepperoni Pizza Red Hot Chicken Pizza	Italian Sausage Pizza Pepperoni Calzone	Buffalo Chicken Pizza Hawaiian Pizza	Italian Sausage Pizza Cheese Calzone  *Cheese Pizza	Pepperoni Pizza Vegetable Pizza
 All Beef Hot Dog, Chicken Patty, or Cheeseburger Available Daily	 Mediterranean Beef Burger w/Greek Herbed Mayo Combo'd with: Tator Tots	Buffalo Style Breaded Chicken Sandwich Toasted Cheese Sandwich Combo'd with: Oven Fries	 *Chicken & Cheese Quesadilla Combo'd with: Mexican Corn	Breaded Chicken Del Sol on a Bun Toasted Cheese Sandwich Combo'd with: Tator Tots	School's Mascot Burger (Served w/ Choice of Cheese, Lettuce, Tomato, & Onion) Combo'd with: Potato Wedges
 Assorted Meats, Cheese, Vegetable Toppings, Breads & Wraps including Whole Grain Options Available Daily	Made to Order Sandwiches & Salads Ham & Cheese Hoagie	Made to Order Sandwiches & Salads Turkey BLT Wrap	Made to Order Sandwiches & Salads Deli Chef Salad	Made to Order Sandwiches & Salads Little Italy Wrap	Made to Order Sandwiches & Salads Vegie Lover's Sub
 Tossed Salad or 1oz Bag of Pretzels Available Daily as a Side	Fresh Pear Fresh Cauliflower Macaroni Salad *Fruit Crisp	Fresh Apple Chicken Noodle Soup Vegetable Pasta Salad *Baked Apple Slices	Fresh Orange Wedges Fresh Broccoli Sweet Corn Salad *Diced Peaches	*Fresh Banana Tomato Soup *Tossed Salad w/Lite Dressing *Cinnamon Applesauce	*Fresh Pear Baby Carrots Tomato Cucumber Salad Mixed Fruit



Deli Chef Salad, Variety Chicken Salad, Garden Salad w/ Cheese (all offered w/ Whole Grain Roll)

Lunch Prices: Paid Lunch Meal: \$2.30 Reduced Lunch Meal: \$.40
Adult Lunch Meal \$ 2.75 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50
Skim White Milk, 1% White Milk, and 1% Chocolate Milk are offered with all meals

Full Student Lunch Includes Choice of 1 Entrée, 2 Sides, and a Milk



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Middle School Menu for Week of March 22 - 26, 2010

Station	Monday 3/22	Tuesday 3/23	Wednesday 3/24	Thursday 3/25	Friday 3/26
 Daily Theme Bar	AMERICAN DINER BAR <i>Today's Featured Selection</i> Oven Fried Chicken w/Mashed Potatoes *Mixed Vegetables *Breadstick	SPUD'S BAR <i>Today's Featured Selection</i> Potato Wedges w/ Chili & Cheese Sauce Seasoned Broccoli Whole Grain Roll	FIESTA BAR <i>Today's Featured Selection</i>  *Chicken Fajitas w/Refried Beans & Salsa *Fiesta Rice *Golden Corn	ITALIAN BAR <i>Today's Featured Selection</i>  *Baked Ziti w/Cheese *Green Beans <i>Herbed Breadstick</i>	MOM'S MASHED POTATO BOWL BAR <i>Today's Featured Selection</i> Pork Roast w/ Mashed Potatoes & Gravy *Seasoned Peas & Carrots Whole Grain Roll
 Cheese Pizza Available Daily	Pepperoni Pizza  *BBQ Chicken Pizza	Italian Sausage Pizza Pepperoni Calzone	Buffalo Chicken Pizza Mexican Pizza	Italian Sausage Pizza Cheese Calzone	Pepperoni Pizza  <i>Neopolitan Pizza w/Fresh Tomatoes</i>
 All Beef Hot Dog, Chicken Patty, or Cheeseburger Available Daily	BLT Burger Combo'd with: Oven Fries	Chicken Nuggets w/Biscuit Toasted Cheese Sandwich Combo'd with: Tator Tots	Breaded Chicken Parmesan Sandwich Combo'd with: Golden Corn	Alpine Swiss Burger Toasted Cheese Sandwich Combo'd with: Oven Fries	 *Sloppy Joe on a Bun Combo'd with: *Potato Wedges
 Assorted Meats, Cheese, Vegetable Toppings, Breads & Wraps including Whole Grain Options Available Daily	Made to Order Sandwiches & Salads Santa Fe Wrap w/Turkey & Cheddar	 *Tuna Salad on Whole Wheat Bread	Made to Order Sandwiches & Salads Ham & Cheese Wrap	Made to Order Sandwiches & Salads Buffalo Chicken Salad on Bagel	Made to Order Sandwiches & Salads Vegetable & Cheese Wrap
 Tossed Salad or 1oz Bag of Pretzels Available Daily as a Side	*Fresh Pear Baby Carrots Broccoli Salad Diced Pears	*Fresh Apple Chicken Noodle Soup *Vegetable Pasta Salad Pineapple Chunks	*Orange Wedges Broccoli Buds Tomato Cucumber Salad Diced Peaches	Banana Tomato Soup *Tossed Salad w/ Light Dressing *Applesauce	Fresh Apple Fresh Cauliflower Sweet Corn Salad *Fruit Crisp



Deli Chef Salad, Variety Chicken Salad, Garden Salad w/ Cheese (all offered w/ Whole Grain Roll)

Lunch Prices: Paid Lunch Meal: \$2.30 Reduced Lunch Meal: \$.40
Adult Lunch Meal \$ 2.75 White Milk 1/2 Pint \$.40 Flavored Milk 1/2 Pint \$.50
Skim White Milk, 1% White Milk, and 1% Chocolate Milk are offered with all meals

Full Student Lunch Includes Choice of 1 Entrée, 2 Sides, and a Milk

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