# chartwells $\because:$ 

serving up happy \& healthy

## Secondary Lunch Menu - December



A variety of fresh, local, vegetables are offered monthly

## Any questions,

 please contact he exhef
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All items are made with whole grains.
All meals are served with a variety of fruits and vegetables, local when available. All meals are served with milk ( $1 \%$ low fat white or fat free chocolate)

## Menu is subject to change.

This institution is an equal opportunity provider.


## Available daily:

Fresh Baked Pizzas
Served with Your Choice of Fries, Fresh Hot orCold Vegetables, Salad, and Fruit

## Daily Specials:

Monday - Chicken Fajita Pizza Tuesday - Beef Taco Pizza Wednesday - Gartic Pizza
Thursday - Chicken Alfredo Pizza Friday - Primavera Pizza

Cheese \& Pepperoni Pizza
available Daily

## grilled

## Available daily:

Ha mburger, Cheeseburger, Chicken Patty, Buffalo Chicken Patty
Chicken Tenders or Chicken Nuggets Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fnuit

## Vegetarian Options

Monday - Yogurt Parfait
Tuesday - Sunbutter \& J elly Sandwich Wednesday - Grilled Cheese Sandwich Thursday - Hummus Bento Box
Friday - Veggie Burger

## ON:

Assorted pre-packaged entrée salads, deli sandwiches, and yogurt parfaits offered with fruits, vegetables and milk.

## Daily Specials may include:

Assorted, Buffalo Chicken Salad, Chicken
Caesar Wrap or Salad, Turkey \& Cheese
Pretzel Roll, Veggie Wrap, Italian Sub

