chartwells $\because \%$
serving up happy \& healthy
Elementary Lunch Menu - February


|  |  | 1 | 2 | 3 |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Brunch for Lunch French Toast Chicken Sausage Tater Tots Breakfast Syrup | Orange Chicken Veggie Fried Rice Roasted Broccoli | Cheese or Pepperoni Pizza <br> Romaine \& Kale Caesar Salad |
| 6 |  | 8 | 9 | 10 |
| Chicken \& Cheese Quesadilla Roasted Carrot Fries |  | Pork Carnitas Bowl, Brown Rice, Roasted Broccoli, Ranch-Chimichurri Sauce | Rotini with Chicken Parmesan Kale Chips | Cheese or Pepperoni Pizza Tossed Salad |
| 13 | 14 | 15 | 16 | 17 |
| Chicken Sandwich with Creamy, Garlic-Parmesan Sauce Zucchini \& Squash "Chips" | Beef Tacos <br> Shredded Cheddar, Lettuce, Salsa Mexican Street Corn | Popcorn Chicken Bowl Homemade Mashed Local Potatoes Corn Savory Gravy | Macaroni \& Cheese Roasted Green Beans Dinner Roll | Cheese or Pepperoni Pizza Roasted Broccoli |
| 20 | 22 | 22 | 23 | 24 |
|  |  <br> WINTER <br> BREAK <br> NO SCHOOL! |  |  |  |
| 27 | 28 |  |  |  |
| General Tso Chicken Lucky Fried Rice Egg Roll | Macho Chicken Nachos Shredded Cheddar Diced Tomatoes, Shredded Lettuce |  | Any questions, please contact the Director of Dining Services, or at Brian.Tweedie@com pass-usa.com |  |

## 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.

Daily Alternate Options:

1/31-2/4: Cheese Quesadilla
Cereal Fun Lunch
2/6-2/10: Crispy Chicken Patty Sandwich

Nacho Fun Lunch
2/13-2/17: Cheeseburger
Sunbutter \& Jelly Fun
2/20-2/24: Winter Break
2/27-3/3: Chicken Nuggets Yogurt Fun Lunch

## Extra Extra

Monday: Broccoli, Baby Carrots, Apple, Orange Wedges

Tuesday: Beans, Celery Sticks, Apple, Red/Green Grapes

Wednesday: Grape Tomatoes, Green Bell Pepper Strips, Apple Slices, Bananas
Thursday: Corn Salad, Baby Carrots,
Apple, Orange Wedges
Friday: Cucumbers, Grape Tomatoes, Apple, Red/Green Grapes

* Vegetarian

