chartwells $\because:$
serving up happy \& healthy
Secondary Lunch Menu - February


Smart Snacking offers craveable, well-balanced mini meals to help students power through their day. Some of these snacks are offered with lunch such as Roasted Carrots w/Dipping Sauce, Mexican Street Corn, or Homemade Spicy Lime Tortilla Chips.

|  |  | 1 | 2 | 3 |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Brunch for Lunch French Toast Chicken Sausage, Tater Tots Breakfast Syrup | Austin Hot Beef Twister Ground Beef, BBQ Sauce, and Cheddar Cheese in a WG Wrap Local Herb Roasted Potato Wedges |  |
| 6 | 7 | 8 | 9 | 10 |
| Greek Beef \& Tzatziki Sandwich Fresh Roasted Broccoli |  | Pork Carnitas Bowl Brown Rice, Roasted Broccoli, Ranch, Chimichurri Sauce | National Pizza Day <br> Buffalo Chicken Flatbread Pizza Moroccan Kale Chips | Veg Out <br> Muffuletta Veggie Sandwich Roasted Local Potato Wedges |
| 13 | 14 | 15 | 16 | 17 |
| Chickendipity Cajun Sandwich Chicken Tenders, Lettuce, Tomatoes, Pickles, Homemade Cajun Sauce Zucchini \& Squash "Chips" | Happy Valentine's Day <br> Beef or Chicken Tacos Pico de Gallo Shredded Cheddar, Lettuce Mexican Street Corn | BBQ Chicken Drumstick Mashed Local Potatoes Roasted Carrot Sticks w/Dipping Sauce SMART SNACKING $a \rightarrow$ a |  <br> Macaroni \& Cheese Bar Featuring <br> Pulled Pork, Beef Taco Meat, Roasted Peppers, BBQ Sauce, Salsa | Bake Potato Bar Chili, Cheddar Cheese, Bacon Bits, Roasted Broccoli, Caramelized Onions, Sour Cream |
| 20 | 21 | 22 | 23 | 24 |
|  |  |  |  |  |
| 27 | 28 |  |  |  |
| General Tso Chicken Lucky Fried Rice Egg Roll | Vegetarian Chili Cheddar Cheese Homemade Spicy Lime Tortilla Chips <br> SMART <br> - SNACKING |  |  | Any questions, please contact the Director of Dining Services, or at Brian.Tweedie@c ompass-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.

Available daily:
Fresh Baked Pizzas, Calzones and Flatbreads Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

## Daily Specials:

Monday - Beef Taco Pizza
Tuesday - Meatball Calzone
Wednesday - Garlic Chicken Pizza Thursday - Supreme Pizza
Friday - Hawaiian Pizza
Cheese \& Pepperoni Pizza available Daily

## grilled

Available daily:
Hamburger, Cheeseburger, Chicken Patty, Buffalo Chicken Patty
Chicken Tenders or Chicken Nuggets Served with Your Choice of Fries, Fresh Hot or Cold Vegetables, Salad, and Fruit

Vegetarian Options
Monday - Yogurt Parfait
Tuesday - Roasted Veggie \& Cheese
Wednesday - Grilled Cheese Thursday - Hummus, Carrots, Celery, Tortilla Chips
Friday - Veggie Burger

## ON쁘릉

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

