

WEEK #1	NES AND NMS
Monday	
Option #1	<i>Hamburger or Cheeseburger with Roasted Potatoes & Side of Veggies</i>
Option #2	<i>Baked Macaroni and Cheese, Steamed Vegetables & Applesauce</i>
Tuesday	
Option #1	<i>Grilled Cheese Sandwich with Chicken Noodle Soup, Mandarins</i>
Option #2	<i>Pancakes With Syrup & Grilled Ham, Peaches</i>
Wednesday	
Option #1	<i>Chicken Quesadilla with Veggie Sticks & Dip, Fresh Fruit Slices</i>
Option #2	<i>Cheese Pizza Slice with Cucumber Slices & Dip, Fresh Fruit Slices</i>
Thursday	
Option #1	<i>Spaghetti with Lean Meat Sauce, Caesar Salad & Fruit Salad</i>
Option #2	<i>Breaded Chicken Strips, Roasted Potato Wedges, Veggies & Dip, Fruit Salad</i>
Friday	
Option #1	<i>Beef Burrito, Veggie Sticks & Dip, Apple Sauce</i>
Option #2	<i>Soft Tacos with Mexican Rice, Steamed Corn, Mandarins</i>
WEEK #2	NES AND NMS
Monday	
Option #1	<i>Grilled Chicken Burger with Potato Wedges & Applesauce</i>
Option #2	<i>Baked Macaroni and Cheese, Steamed Vegetables & Applesauce</i>
Tuesday	
Option #1	<i>Chicken Snack Wrap with Caesar Salad, Mandarins</i>
Option #2	<i>Pancakes With Syrup & Grilled Ham, Peaches</i>
Wednesday	
Option #1	<i>Lazy Lasagna with Caesar Salad & Pineapple Slices</i>
Option #2	<i>Cheese Pizza Slice with Cucumber Slices & Dip, Fresh Fruit Slices</i>
Thursday	
Option #1	<i>Shepherds Pie with Steamed Vegetables, Fruit Salad</i>
Option #2	<i>Breaded Chicken Strips, Roasted Potato Wedges, Veggies & Dip, Fruit Salad</i>
Friday	
Option #1	<i>Sweet and Sour Meatballs, Rice, Sauteed Vegetables, Peaches</i>
Option #2	<i>Soft Tacos with Mexican Rice, Steamed Corn, Mandarins</i>

Notes: Students Pay \$2.50 per meal
Teachers/Staff Pay \$7.25 per meal (larger portions)
Vegetable &/or Fruit Selections may vary depending on supply and availability

chartwells
eat. learn. live.

WEEK #3	NES AND NMS
Monday	
Option #1	<i>Hamburger or Cheeseburger with Roasted Potatoes & Side of Veggies</i>
Option #2	<i>Baked Macaroni and Cheese, Steamed Vegetables & Applesauce</i>
Tuesday	
Option #1	<i>Grilled Cheese Sandwich with Chicken Noodle Soup, Mandarins</i>
Option #2	<i>Soft Tacos with Mexican Rice, Steamed Corn, Peaches</i>
Wednesday	
Option #1	<i>Chicken Quesadilla with Veggie Sticks & Dip, Fresh Fruit Slices</i>
Option #2	<i>Cheese Pizza Slice with Cucumber Slices & Dip, Fresh Fruit Slices</i>
Thursday	
Option #1	<i>Spaghetti with Lean Meat Sauce, Caesar Salad & Fruit Salad</i>
Option #2	<i>Breaded Chicken Strips, Roasted Potato Wedges, Veggies & Dip, Fruit Salad</i>
Friday	
Option #1	<i>Sloppy Joe with Roasted Potatoes, Peaches</i>
Option #2	<i>Soft Tacos with Mexican Rice, Steamed Corn, Peaches</i>
WEEK #4	NES AND NMS
Monday	
Option #1	<i>Grilled Chicken Burger with Potato Wedges & Applesauce</i>
Option #2	<i>Baked Macaroni and Cheese with Veggies & Dip, Applesauce</i>
Tuesday	
Option #1	<i>Chicken Snack Wrap with Caesar Salad, Mandarins</i>
Option #2	<i>Pancakes With Syrup & Grilled Ham, Peaches</i>
Wednesday	
Option #1	<i>Sweet and Sour Meatballs, Rice, Sauteed Vegetables, Peaches</i>
Option #2	<i>Cheese Pizza Slice with Cucumber Slices & Dip, Fresh Fruit Slices</i>
Thursday	
Option #1	<i>Lazy Lasagna with Caesar Salad & Pineapple Slices</i>
Option #2	<i>Breaded Chicken Strips, Roasted Potato Wedges, Veggies & Dip, Fruit Salad</i>
Friday	
Option #1	<i>Chicken Quesadilla with Veggie Sticks & Dip, Peaches</i>
Option #2	<i>Soft Tacos with Mexican Rice, Steamed Corn, Mandarins</i>

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v2 January 2023