



# Discovery KITCHEN



GET FRESH. BUY LOCAL.

create

## Chartwells dining Services January 2023 lunch menu

This month we're celebrating autumn squash



in your café!

extra extra

List snack and beverages  
Featuring:

- After School snack program 2:30pm-3:15pm
- Pre-made salads, sandwiches
- Grab and go snacks

ON THE GO

Daily Specials

Assorted pre-packaged entrée salads and deli

Daily Specials may include...  
Chicken Caesar Salad,  
Turkey Club Sandwich,  
Italian Sub and Yogurt Parfaits,  
Pudding Parfaits  
fresh Mozz sticks,  
Fresh apples and oranges

2	3	4	5	6
<b>Happy New Year!</b>	Chicken Fingers & Fries w/ BBQ Sauce	BBQ Beef w/ Mac & Cheese & Peas	Chicken & Broccoli Stir Fry over White Rice with Egg Roll	Fish Fry w/ Coleslaw, Fries & Tarter or Cocktail Sauce
9	10	11	12	13
Jamaican Beef Patty with Tropical Rice & Buttered Corn	<b>Taco Tuesday</b> Soft Shell Ground Beef Taco's with Fiesta Rice & Black Beans	Spaghetti & Meatballs with Garlic Bread	Open faced Turkey Sandwich w/ Fries & Gravy	French Dip au Jus & Roasted Red Potatoes
16	17	18	19	20
<b>No School Martin Luther King Day</b>	<b>Ultimate Nacho's</b> Shredded all natural chicken, queso cheese sauce, black beans, salsa and sour cream	Pulled Pork with Mac & Cheese & Corn Bread	Grilled Marinated Spiedie Melt served with Seasoned Potato Wedges	<b>Half Day No Lunch</b>
23	24	25	26	27
<b>Half Day No Lunch</b>	<b>Half Day No Lunch</b>	<b>No Classes</b>	General Tso's Chicken over Rice w/ Eggroll	Corn Dogs with Curly Fries & Buttered Corn
30	31			
Chicken Parmesan with Ziti & Garlic Bread	Southwestern Rice Bowl Taco Meat, Sour Cream, Salsa, Cheddar Cheese w/ Side of Chips			



Cheese pizza or specialty pizza of the day served daily

Pasta bar daily, fresh pasta  
Your choice of Alfredo sauce, pesto sauce, or marinara

**grill'd**

Cheeseburger and fry boats

Breaded chicken sandwich and fry boats

**SO DELI**

**A house favorite**

Freshly sliced premium deli meats and cheeses

Fresh bread daily delivered from Rockland Bakery

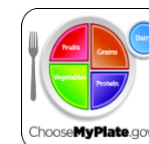
Pre-made sandwich combo and pre-made foot long subs

Menu Subject to Change

All grain items are made with whole grains

**If you have any food allergies, please let us know!**

Prices: Student Meal Deal \$6.00 • Which includes fresh protein, starch and veg and a bottled water or Arnold Palmer Tea Contact: Patrick.rowe@compass-usa.com



This institution is an equal opportunity provider and employer