



Collegiate Academies Bagged Supper Menu November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey & Cheese w/ Lettuce & Tomato On Bun Cucumber Slices Seasonal Fresh Fruit	2 Chicken Ranch Wrap Broccoli Florets Seasonal Fresh Fruit
5 Chicken Salad Sandwich on Bun Broccoli Florets Seasonal Fresh Fruit	6 Tuna Salad on WG Bun Cherry Tomatoes Seasonal Fresh Fruit	7 Buffalo Chicken Salad Sandwich on Bun Celery Sticks Seasonal Fresh Fruit	8 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit	9 Ham & Cheese w/ Lettuce & Tomato On WG Bread Baby Carrots Seasonal Fresh Fruit
12 Ham & Cheese w/ Lettuce & Tomato On WG Bread Cherry Tomatoes Seasonal Fresh Fruit	13 Chicken Salad Sandwich on Bun Baby Carrots Seasonal Fresh Fruit	14 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit	15 Ham & Cheese on a Bun w/ Lettuce & Tomato Baby Carrots Seasonal Fresh Fruit	16 Roasted Vegetable & Cheese Wrap Celery Sticks Seasonal Fresh Fruit
19 No School	20 No School	21 No School	22 No School	23 No School
26 Turkey & Cheese w/ Lettuce & Tomato on WG Bun Baby Carrots Seasonal Fresh Fruit	27 Chicken Ranch Wrap Celery Sticks Seasonal Fresh Fruit	28 Ham & Cheese on a Bun w/ Lettuce & Tomato on WG Bun Cherry Tomatoes Seasonal Fresh Fruit	29 Chicken Salad Sandwich on Bun Cucumber Slices Seasonal Fresh Fruit	30 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit

Choice of 1% white milk or fat free chocolate milk offered daily

Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. They include...

- Deeply colored, nutrient dense and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli and beans;
- Whole grain foods, such as brown rice and whole wheat;
- Lean proteins including vegetarian and plant based;
- Reduction of unhealthy fats, sodium, and sugar;
- Hormone free milk;
- Poultry products raised without the routine use of antibiotics;
- Sustainable seafood;
- Cage free shell eggs;
- Locally grown produce; and
- A la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters