



Collegiate Academies 9-12 Lunch Menu August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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6	7	8	9	10
13 Salisbury Steak w/ Brown Rice & Dinner Roll Seasoned Collard Greens Mashed Potatoes	14 Meatball Sub Seasoned Pinto Beans Sweet Potato Fries	15 Crispy Chicken Nuggets w/ Mac & Cheese & Dinner Roll Roasted Carrot Fries Roasted Italian Vegetables	16 Turkey Chili Mac w/ Garlic Bread Seasoned Peas Seasoned Zucchini	17 Fish Poboy on WG Bun Sweet Potato Puffs Savory Green Beans
20 White Beans w/ Brown Rice & Cornbread Fresh Baby Carrots Seasoned Collard Greens	21 Macho Nachos w/ Fiesta Rice Mexican Corn Seasoned Mixed Vegetables	22 Smothered Pork Chop w/ Brown Rice & Dinner Roll Seasoned Carrots Roasted Green Beans	23 BBQ Chicken with Mac & Cheese & Dinner Roll Baked Beans Homestyle Potato Salad	24 Crispy Fish Sandwich w/ Cheese Mashed Sweet Potatoes Seasoned Corn
27 Hot Dog on WG Bun w/ Chili Oven Fries Baked Beans	28 TACO TUESDAY! Crunchy Turkey Tacos w/ Fiesta Rice Seasoned Corn Seasoned Carrots	29 Chicken & Sausage Gumbo w/ Brown Rice & ½ Toasted Cheese Sandwich Seasoned Green Beans Seasoned Yellow Squash	30 Italian Meatsauce w/ WG Spaghetti Seasoned Broccoli Seasoned Cabbage	31 Oven Fried Fish Poboy Tater Tots Fresh Baby Carrots

Choice of one entrée, vegetable sides, assorted fruit and Fat Free White or Low Fat White or Fat Free Chocolate Milk

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