



## Collegiate Academies Bagged Supper Menu August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
<b>13</b> <b>Chicken Salad Sandwich on Bun</b> Broccoli Florets Seasonal Fresh Fruit	<b>14</b> <b>Tuna Salad on WG Bun</b> Cherry Tomatoes Seasonal Fresh Fruit	<b>15</b> <b>Buffalo Chicken Salad Sandwich on Bun</b> Celery Sticks Seasonal Fresh Fruit	<b>16</b> <b>Turkey &amp; Cheese w/ Lettuce &amp; Tomato on WG Bread</b> Baby Carrots Seasonal Fresh Fruit	<b>17</b> <b>Ham &amp; Cheese w/ Lettuce &amp; Tomato On WG Bread</b> Baby Carrots Seasonal Fresh Fruit
<b>20</b> <b>Ham &amp; Cheese w/ Lettuce &amp; Tomato On WG Bread</b> Cherry Tomatoes Seasonal Fresh Fruit	<b>21</b> <b>Chicken Salad Sandwich on Bun</b> Baby Carrots Seasonal Fresh Fruit	<b>22</b> <b>Turkey &amp; Cheese w/ Lettuce &amp; Tomato on WG Bread</b> Baby Carrots Seasonal Fresh Fruit	<b>23</b> <b>Ham &amp; Cheese on a Bun w/ Lettuce &amp; Tomato</b> Baby Carrots Seasonal Fresh Fruit	<b>24</b> <b>Roasted Vegetable &amp; Cheese Wrap</b> Celery Sticks Seasonal Fresh Fruit
<b>27</b> <b>Turkey &amp; Cheese w/ Lettuce &amp; Tomato on WG Bun</b> Baby Carrots Seasonal Fresh Fruit	<b>28</b> <b>Chicken Ranch Wrap</b> Celery Sticks Seasonal Fresh Fruit	<b>29</b> <b>Ham &amp; Cheese on a Bun w/ Lettuce &amp; Tomato on WG Bun</b> Cherry Tomatoes Seasonal Fresh Fruit	<b>30</b> <b>Chicken Salad Sandwich on Bun</b> Cucumber Slices Seasonal Fresh Fruit	<b>31</b> <b>Turkey &amp; Cheese w/ Lettuce &amp; Tomato on WG Bread</b> 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