



Collegiate Academies Bagged Supper Menu September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 Ham & Cheese w/ Lettuce & Tomato on WG bread Baby Carrots Seasonal Fresh Fruit	5 Chicken Salad Sandwich on WG Bread Cherry Tomatoes Seasonal Fresh Fruit	6 Turkey & Cheese w/ Lettuce & Tomato On Bun Cucumber Slices Seasonal Fresh Fruit	7 Chicken Ranch Wrap Broccoli Florets Seasonal Fresh Fruit
10 Chicken Salad Sandwich on Bun Broccoli Florets Seasonal Fresh Fruit	11 Tuna Salad on WG Bun Cherry Tomatoes Seasonal Fresh Fruit	12 Buffalo Chicken Salad Sandwich on Bun Celery Sticks Seasonal Fresh Fruit	13 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit	14 Ham & Cheese w/ Lettuce & Tomato On WG Bread Baby Carrots Seasonal Fresh Fruit
17 Ham & Cheese w/ Lettuce & Tomato On WG Bread Cherry Tomatoes Seasonal Fresh Fruit	18 Chicken Salad Sandwich on Bun Baby Carrots Seasonal Fresh Fruit	19 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit	20 Ham & Cheese on a Bun w/ Lettuce & Tomato Baby Carrots Seasonal Fresh Fruit	21 Roasted Vegetable & Cheese Wrap Celery Sticks Seasonal Fresh Fruit
24 Turkey & Cheese w/ Lettuce & Tomato on WG Bun Baby Carrots Seasonal Fresh Fruit	25 Chicken Ranch Wrap Celery Sticks Seasonal Fresh Fruit	26 Ham & Cheese on a Bun w/ Lettuce & Tomato on WG Bun Cherry Tomatoes Seasonal Fresh Fruit	27 Chicken Salad Sandwich on Bun Cucumber Slices Seasonal Fresh Fruit	28 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