



Collegiate Academies Bagged Supper Menu October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Buffalo Chicken Salad Sandwich on Bun Celery Sticks Seasonal Fresh Fruit	2 Ham & Cheese w/ Lettuce & Tomato on WG bread Baby Carrots Seasonal Fresh Fruit	3 Chicken Salad Sandwich on WG Bread Cherry Tomatoes Seasonal Fresh Fruit	4 Turkey & Cheese w/ Lettuce & Tomato On Bun Cucumber Slices Seasonal Fresh Fruit	5 No School
8 No School	9 Tuna Salad on WG Bun Cherry Tomatoes Seasonal Fresh Fruit	10 Buffalo Chicken Salad Sandwich on Bun Celery Sticks Seasonal Fresh Fruit	11 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit	12 Ham & Cheese w/ Lettuce & Tomato On WG Bread Baby Carrots Seasonal Fresh Fruit
15 Ham & Cheese w/ Lettuce & Tomato On WG Bread Cherry Tomatoes Seasonal Fresh Fruit	16 Chicken Salad Sandwich on Bun Baby Carrots Seasonal Fresh Fruit	17 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit	18 Ham & Cheese on a Bun w/ Lettuce & Tomato Baby Carrots Seasonal Fresh Fruit	19 Roasted Vegetable & Cheese Wrap Celery Sticks Seasonal Fresh Fruit
22 Turkey & Cheese w/ Lettuce & Tomato on WG Bun Baby Carrots Seasonal Fresh Fruit	23 Chicken Ranch Wrap Celery Sticks Seasonal Fresh Fruit	24 Ham & Cheese on a Bun w/ Lettuce & Tomato on WG Bun Cherry Tomatoes Seasonal Fresh Fruit	25 Chicken Salad Sandwich on Bun Cucumber Slices Seasonal Fresh Fruit	26 Turkey & Cheese w/ Lettuce & Tomato on WG Bread Baby Carrots Seasonal Fresh Fruit
29 Buffalo Chicken Salad Sandwich on Bun Celery Sticks Seasonal Fresh Fruit	30 Ham & Cheese w/ Lettuce & Tomato on WG bread Baby Carrots Seasonal Fresh Fruit	31 Chicken Salad Sandwich on WG Bread Cherry Tomatoes 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