chartwells
serving up happy & healthy

Gaudet Middle School January 2023 Lunch Menu

create EXHIBITION

Discovery KITCHEN

2	3	4	5	6
Any questions contact Linda Benedetti, Director of Dining Services, at Linda.Benedetti@compass-usa.com	Seasoned Beef or Buffalo Chicken over Tortilla Chips with Lettuce, Cheese, Sour Cream, Salsa and Black Beans	**Italian Pasta** Chicken or Eggplant Parmesan Over Pasta in Marinara Broccoli &Garlic Bread	**Chicken Mania** Crispy Chicken Bites Tossed in a Varity of Sauces offered with Fries	**Bosco Sticks** Cheese Stuffed Breadsticks with warm Marinara Dipping Sauce served with Mixed Vegetables
9	10	11	12	13
Breakfast for Lunch **Cinnamon French Toast** Sausage Patties Hash Brown	Seasoned Beef or Fajita Chicken Soft Flour Tortillas with Lettuce, Cheese, Sour Cream, Salsa, Cilantro Rice and Black Beans	**Homemade Mac &Cheese** Homemade Mac & Cheese Served with Flatbread & Broccoli	**Tater Tot Casserole** Tater tots topped with Chili, Cheese and Sour Cream with Buttery Corn & Roll	**Fish & Chips** Fish Sticks with Local Cole Slaw & Oven Baked Fries & Roll
16	17	18	19	20
MARTIN LUTHER KING JR. Day	Seasoned Beef or Buffalo Chicken over Tortilla Chips with Lettuce, Cheese, Sour Cream, Salsa and Black Beans	**Pierogis** Potato Pierogis with Cheese sauce and Steamed Broccoli	**General Tso Chicken** Popcorn Chicken Tossed in General Tso sauce served with Lucky Fried Rice and Broccoli	**Beef Bomb** Ground Beef and Cheese Topped with Peppers and Onions on a Sub
23	24	25	26	27
Dumplings Chicken Vegetable Dumplings served with Lucky Fried rice, Sweet and Sour sauce and Edamame Salad	Seasoned Beef or Buffalo Chicken Tortilla Chips or Soft Flour Tortillas with Lettuce, Tomato, Cheese, Sour Cream, Salsa, Cilantro Rice and Black Beans	**Chicken Bowl** Popcorn Chicken over Mashed Potato and topped with Corn and Gravy Roll	**Chicago Hot Dog** Hot Dog Topped with Tomato, Onion and Cucumbers side of Fries	**Roost Chicken Sandwich** Breaded Chicken on a Bun with Choice of sauce and with Fries
30	31			
Meatball Sub Meatball Sub topped with cheese and served with Oven Baked Fries	Seasoned Beef or Fajita Chicken Soft Flour Tortillas with Lettuce, Cheese, Sour Cream, Salsa, Cilantro Rice and Black Beans			

Vegetarian Options

Options may include:
Veggie Burger
Grilled Cheese
Yogurt Parfait
Cheese Pizza

Great American Road Trip

Designed to spark curiosity about agriculture and cuisines around the country - The Great American Road Trip is packed full of delicious recipes and fun activities for student diners of all

ON THE GO

Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

Daily Specials may include:
Assorted, Buffalo Chicken Salad, Chicken Caesar Wrap or Salad, Turkey & Cheese Pretzel Roll, Veggie Wrap, Italian Sub

nutrislice

All items are made with whole grains.
All meals are served with a variety of fruits and vegetables, local when available.
All meals are served with milk (1% low fat white or fat free chocolate.)
Menu is subject to change. **Prices: Student Lunch $2.95 Reduced Lunch $.40 Adult Meal $3.25**
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