

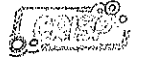
# Broad Rock Middle School Menu – January 2011

Meals are offered w/ choice of entrée, four fruit & vegetable sides, whole grain bread and choice of skim, lowfat white & flavored milk

**Lunch Prices:**  
Paid: \$2.65  
Reduced \$.40



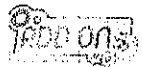
## Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl



Cold Sandwiches & Iads Made Fresh Your Way!

Daily Offerings include:

Crutilla Wraps, Rolls, and Whole Wheat Bread  
Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Olions, Cucumbers & Fresh Carrots  
memade Vegetable Pasta Salad



Cold Fruit & Vegetable Bar Offered Daily

**Monday**  
Crisp Green Salad  
Fresh Carrot Sticks  
Chilled Pears  
Petite Banana Fresh

**Tuesday**  
Caesar Salad  
vegetable Pasta Salad  
Chilled Applesauce  
Orange Wedges

**Wednesday**  
Romaine & Spinach Salad  
Broccoli Salad  
Chilled Mixed Fruit  
Granny Smith Apple

**Thursday**  
Garden Salad  
Chick Pea Salad  
Iced Cinnamon Apples  
Fresh Pear

**Friday**  
Crisp Green Salad  
resh Broccoli Florettes  
Chilled Peaches  
Red Delicious Apple

Happy New Year!	1/3 "Dipper Bowl" "Bosco" Pizza Dippers w/ Pizza Dipping Sauce Seasoned Broccoli Cuts Selections from the "Add-ons" Cold Vegetable Bar	1/4 Hot Campbell's Soup Toasted Cheese on Wheat Bread Seasoned Corn	1/5 Chicken Parmesan Bowl Breaded Chicken Patty Mozzarella Cheese Whole Grain Pasta Seasoned Green Beans Warm Garlic Bread	1/6 Double Dog Day! (2) Hot Dogs in Buns Crinkle-Cut Oven Fries Baked Beans
	1/9 Asian Rice Bowl Oriental Fried Brown Rice Crispy Chicken Poppers Crunchy Asian Topping Glazed Carrots Sweet-n-Sour Sauce Shredded Carrot	1/10 Stuffed Pasta Bowl Cheese Stuffed Shells Red Marinara Sauce Shredded Mozzarella Seasoned Broccoli Warm Garlic Bread Fresh Cracked Black Pepper	1/11 Macho Nachos w/ Mexican Meat & Cheese Cilantro Brown Rice Mexican Corn Salsa	1/12 Brunch Bowl French Toast Sticks w/ Strawberry Topping Scrambled Eggs Sausage Links Orange Wedges
1/16 No School Italian Pasta Bowl Whole Grain Rotini w/Meatballs Seasoned Broccoli Garlic Bread Roma Herb Seasoning Blend	1/17 Oven-roasted Chicken Roasted Local Potatoes Seasoned Carrots Warm Cinnamon Apple Slices	1/18 Taco Salad Bowl Spicy Taco Beef Tortilla Shell Rounds Crisp Mixed Greens Shredded Cheddar Cinnamon Breadstick Creamy Cilantro Lime Dressing	1/19 Chicken & Broccoli Diced White Meat Chicken, sauce over Whole Grain Pasta Whole Grain Bread Stick Chopped Green Onion	1/20 Creamy Macaroni & Cheese Seasoned Carrots Whole Wheat Dinner Roll Chopped Parsley
1/23 American Diner Bowl Chicken Pot Pie (Creamy Diced Chicken & Vegetables) Flaky Biscuit Mashed Potato Chopped Parsley	1/24 Meatball Hero Bowl Toasty Meatball Sub with Melted Mozzarella Cheese Seasoned Green Beans Roma Herb Seasoning Blend	1/25 Chicken Bowl Baked Chicken Nuggets Spicy Potato Wedges Seasoned Green Beans Whole Wheat Dinner Roll Chives	1/26 "Dipper Bowl" "Bosco" Pizza Dippers w/ Pizza Dipping Sauce Seasoned Broccoli Cuts Selections from the "Add-ons" Cold Vegetable Bar	1/27 French Toast Sticks w/ Strawberry Topping Scrambled Eggs (1) Sausage Patty Applesauce
1/30 Chicken Lo Mein Oriental Vegetables Whole Wheat Dinner Roll Chopped Green Onion	1/31 Macho Nachos w/ Mexican Meat & Cheese Cilantro Brown Rice Mexican Corn Salsa			Join Us For Breakfast Each Morning! Favorite Hot Items and Quick Cold Foods Too!

**Did you know...** Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school? Our new Guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans;
- Provide more whole grain foods, such as brown rice and whole wheat;
- Encourage lean proteins including vegetarian and plant based;
- Reduce unhealthy fats, sodium, and sugar;
- Include a la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters; and
- Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce.

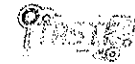
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Classic Cheese Pizza Fresh Baked Daily  
Made on Whole Grain Crust w/ Reduced Fat Cheese  
Served w/ Tossed Salad or Hot Side Dishes

### Specials:

Week 1: Pepperoni Pizza  
Week 2: Cheese Pizza Dunks w/ Pizza Sauce  
Week 3: Grilled Chicken Flatbread  
Week 4: Broccoli & Cheese Calzone  
Week 5: Sausage Pizza



Beef Burgers w/ Cheese & Breaded or Grilled Chicken Sandwiches on Whole Grain Breads Available Daily

### Specials:

Week 1: Chicken Club Sandwich  
Week 2: Grilled Chicken & Cheddar on a Bun  
Week 3: Chicken Parmesan on a Grinder Roll  
Week 4: Philly Cheese Steak Sub  
Week 5: Buffalo Chicken Wrap



Assorted Salads and Sandwiches Packaged to Grab N' Go (Salads served with a whole wheat dinner roll)

### Specials:

Week 1: Crispy Chicken Popper Wrap  
Week 2: Deli Chef's Salad  
Week 3: Grilled Chicken Caesar Salad  
Week 4: Antipasto Salad  
Week 5: Turkey & Cheese Wrap

Salad Choices Available Daily.  
(Salads served with a whole wheat dinner roll)  
Crispy Chicken Caesar Salad  
Garden Salad w/ Cheese

Lunch \$2.65, \$.40 Reduced  
Questions?  
Please call the Director of Dining Services:  
Karen @ 360-1054 or 1055