

Experience
Chartwells.

Elementary Menu
2015-2016



PRICE LIST

- Sandwiches:**
 Sliced Chicken Sandwich \$3.25
 Ham and Cheese Sandwich \$3.00
 Egg Sandwich \$3.25
 Tuna Sandwich \$3.25
 Grilled Cheese Sandwich \$2.75

- Drinks:**
 White Milk \$0.50
 Chocolate Milk \$0.55
 114ml Juice \$0.65
 Box Juice \$1.25

- Salads:**
 Caesar Salad \$3.00
 Garden Salad \$3.00
 Add chicken to your salad \$1.25

- Wraps:**
 Chicken Snack Wrap \$2.75
 Veggie Snack Wrap \$2.25
 Chicken Burger \$3.75
 Hamburger \$3.50
 Cheese Burger \$4.10
 Soup of the Day \$2.75

- Snacks:**
 Carrot sticks w. Dip \$1.25
 Cheese and Crackers \$1.75
 Local Fresh Fruit \$1.00
 Yogurt Cups \$1.25
 Fresh Fruit Cup \$1.50

	All Meals as listed	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1						
Jan 4-8 Feb 1-5 March 1-6 Apr 4-8 May 2-6 May 30-June 3	Meals \$5.00	Penne Noodles with Garden Veggie Lean Meat Sauce with Garden Salad	Chicken Stir Fry, Veggies and Steamed Rice	Veggie Stuffed Subs Meat ball or Ham and Cheese Sub with Fruit Cup	Pancakes, Sliced Ham and fresh fruit	Soft Beef Tacos served with Tomato Wedges and Mexican Rice
Week 2						
Jan 11-15 Feb 8-12 March 7-11 April 11-15 May 9-13 June 6-10	Meals \$5.00	Macaroni with Garden Vegetable Lean Meat Sauce, Served with Side of Green Beans	Beef Stir Fry Noodles and Veggies	Home Made Soup with Veggies & Grilled Cheese	Pancakes, Sliced Ham and Fresh Fruit	Hot Turkey Sandwich with Mashed Potatoes Vegetables and Gravy
Week 3						
Jan 18-22 Feb 15-19 March 21-25 April 18-22 May 16-20 June 13-17	Meals \$5.00	Spaghetti with Lean Meat Sauce with Caesar Salad	Shepherd's Pie served with Carrot Coins	Baked Ham Dinner with Mash potato & veggies	Chicken Enchilada Stuffed Tortilla Bake with Mexican Rice and Corn	Soft Beef Tacos served with Tomato Wedges and Mexican Rice
Week 4						
Jan 25-29 Feb 22-26 March 28-April 1 April 25-29 May 23-27		Tasagna with Lean Ground Beef and Tossed Salad	Chicken Wrap with Fresh Fruit Cup	Sweet & Sour Meatballs, over Rice, with Veggies	Pancakes, Sliced Ham and Fresh fruit	Macaroni and Cheese with Tomato And Cucumber Slices

