Stamford HIGH Schools
Lunch Menu Aug. 26, 2013 – Aug. 30, 2013

A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 2 fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Plate Maker	Turkey Hot Dog on a Whole Wheat Bun Baked Beans Oven Baked Crinkle Fries	Nachos with shredded cheddar Brown Rice Mexican Corn Salsa	Baked Ziti Pasta Garlic Cheese Bread Broccoli Florets	Baked BBQ Chicken Brown Rice Seasoned Green Beans Whole Grain Dinner Roll	Chicken Parmesan on a Bun Whole Grain Pasta Seasoned Mixed Capri Vegetables
Grab a Stack!	Cheeseburger on Whole Grain BBQ Chicken on WG Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Whole Grain Cheese Quesadilla w/ Salsa Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Turkey Hot Dog on a Whole Wheat Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Meatball Sub Sandwich Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Turkey Hot Dog on a Whole Wheat Bun Oven Baked Crinkle Fries
Crust & Stuff	***Available Daily : Cheese Pizza on Chartwells Super Whole Wheat Crust with Olive Oil and Flax Seed***				
	Whole Wheat Pepperoni Pizza	Italian Dunkers with Sauce	Whole Wheat Pepperoni Pizza	Italian Sausage Flatbread	Whole Wheat Pepperoni Pizza
Outtakes	***Available Daily:*** ***Garden Saladw/ Croutons & Dinner Roll ; Peanut Butter & Jelly ; Ham or Turkey Sandwich ; Fresh Fruit Choice ; Veggie Bar ; Romaine Lettuce ;Sliced Tomato & Milk Choice Available daily***				
	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers
Extra! Extra!	Sweet Corn Salad Fresh Broccoli and Baby Carrots Chilled Applesauce Assorted Fresh Fruit	Buttermilk Coleslaw Caesar Romaine Side Salad Mixed Fruit Cocktail w/ Strawberries Assorted Fresh Fruit	Kidney Bean Salad Fresh Red Pepper Strips Chilled Pears Assorted Fresh Fruit	Cool Marinated Cucumbers Tossed Salad Pineapple Tidbits Assorted Fresh Fruit	Fresh Celery Sticks Marinated Tomato & Cucumber Salad Chilled Canned Peaches Assorted Fresh Fruit

This month's food focus is
<Dining Around The World in 60 Days>

School Foodservice Information

Price: $(3.20) paid, $ (.40) reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our 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

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

Chartwells
School Dining Services
Eat · Learn · Live

Stamford High Schools

Sept.2-6 2014

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In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Play Bowl	Labor Day No Lunch Service	Chicken Fajita's Steamed Brown Rice Whole Grain Tortilla Seasoned Broccoli	All American Burger Bar Chef's Burger Toppers: Lettuce, Tomato, Onion American Cheese, Cheddar Cheese Crispy Oven Fries	Rosh Hasanah No Lunch Service	Rosh Hasanah No Lunch Service
Grab a Stack	No Lunch Service	Cheeseburger on a WG Bun Oven Baked Fries	Cheeseburger on a WG Bun Oven Baked Fries	No Lunch Service	No Lunch Service
Crust N Stuff	Available Daily: Cheese Pizza on Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
	No Lunch Service	Vegetable Pizza	Pepperoni Pizza		
Outtakes	AVAILABLE DAILY: Garden Salad w/ Cheese, Croutons & Dinner Roll; PB & Jelly; Ham or Turkey Sandwich. Fresh Fruit Choice, Veggie Bar, Romaine Lettuce, Sliced Tomato and Milk Choice Available Daily				
Outtakes Fruit/Vega Bar Selections	No Lunch Service	Buttermilk Coleslaw Caesar Romaine Salad Chilled Mixed Fruit Cocktail Seasonal Fresh Fruit	Kidney Bean Salad Fresh Red Pepper Strips Chilled Pears Seasonal Fresh Fruit	No Lunch Service	No Lunch Service

ChooseMyPlate.gov

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

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Provide more whole grain foods, such as brown rice and whole wheat

Stamford HIGH Schools
Lunch Menu September 9 – September 13, 2013

A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 2 fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
	Meatball Parm on a Wg Wedge Fresh Vegetable Medley	Baked Ziti Whole Grain Dinner Roll Fresh Raw Green Beans	Sweet and Sour Chicken Capri Blend Vegetables Whole Grain Dinner Roll	Beefy Nachos W/ Shredded Cheddar Mexican Corn Whole Grain Dinner Roll	Chicken Cordon Bleu on a Wg Bun Mashed Potatoes Broccoli Florets
Grab a Stack!	Cheeseburger on Whole Grain BBQ Chicken on WG Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Whole Grain Cheese Quesadilla w/ Salsa Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Turkey Hot Dog on a Whole Wheat Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Meatball Sub Sandwich Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Buffalo Chicken Flatbread Oven Baked Crinkle Fries
Crust & Stuff	***Available Daily : Cheese Pizza on Chartwells Super Whole Wheat Crust with Olive Oil and Flax Seed***				
	Whole Wheat Pepperoni Pizza	Buffalo Pizza	Whole Wheat Pepperoni Pizza	Cheeseburger Pizza	Whole Wheat Pepperoni Pizza
Outtakes	***Available Daily:*** ***Garden Saladw/ Croutons & Dinner Roll ; Peanut Butter & Jelly ; Ham or Turkey Sandwich ; Fresh Fruit Choice ; Veggie Bar ; Romaine Lettuce ;Sliced Tomato & Milk Choice Available daily***				
	Buffalo Chicken Salad w/ Croutons and Crackers	Chicken Caesar Salad with Croutons	Buffalo Chicken Salad w/ Croutons and Crackers	Monterey Chicken Salad	Buffalo Chicken Salad w/ Croutons and Crackers
Extra! Extra!	Sweet Corn Salad Fresh Broccoli and Baby Carrots Chilled Applesauce Assorted Fresh Fruit	Buttermilk Coleslaw Caesar Romaine Side Salad Mixed Fruit Cocktail w/ Strawberries Assorted Fresh Fruit	Kidney Bean Salad Fresh Red Pepper Strips Chilled Pears Assorted Fresh Fruit	Cool Marinated Cucumbers Tossed Salad Pineapple Tidbits Assorted Fresh Fruit	Fresh Celery Sticks Marinated Tomato & Cucumber Salad Chilled Canned Peaches Assorted Fresh Fruit

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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

Chartwells School Dining Services
Eat · Learn · Live

Stamford HIGH Schools
Lunch Menu Sept.16, 2013 – Sept. 20, 2013

A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 2 fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Plate Works	All American Burger Bar Lettuce, Tomato, Onion, American & Cheddar Cheese Oven Baked Crinkle Fries	Cheesy Macaroni & Cheese WG Dinner Roll Seasoned Carrots	Chicken Fajitas Red & Green Pepper Strips Shredded Cheddar Cheese 10" Wg Tortillia Spicy Salsa	Beef and Bean Chili Brown Rice Seasoned Green Beans Whole Grain Dinner Roll	Hot Dog Bar Chili,Diced Onion,Kraut, Ketsup,mustard,Relish Oven Baked Crinkle Fries Baked Beans
Grab a Stack!	Turkey Hot Dog on a Whole Wheat Bun BBQ Chicken on WG Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Whole Grain Cheese Quesadilla w/ Salsa Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Turkey Hot Dog on a Whole Wheat Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Meatball Sub Sandwich Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Buffalo Chicken Flatbread Oven Baked Crinkle Fries
Crust & Stuff	***Available Daily : Cheese Pizza on Chartwells Super Whole Wheat Crust with Olive Oil and Flax Seed***				
	Whole Wheat Pepperoni Pizza	Italian Sausage Pizza	Whole Wheat Pepperoni Pizza	Roasted Vegetable White Pizza	Whole Wheat Pepperoni Pizza
Outtakes	***Available Daily:*** ***Garden Saladw/ Croutons & Dinner Roll ; Peanut Butter & Jelly ; Ham or Turkey Sandwich ; Fresh Fruit Choice ; Veggie Bar ; Romaine Lettuce ;Sliced Tomato & Milk Choice Available daily***				
	Buffalo Chicken Salad w/ Croutons and Crackers	Chicken Caesar Salad with Croutons	Buffalo Chicken Salad w/ Croutons and Crackers	Monterey Chicken Salad	Buffalo Chicken Salad w/ Croutons and Crackers
Extra! Extra!	Sweet Corn Salad Fresh Broccoli and Baby Carrots Chilled Applesauce Assorted Fresh Fruit	Buttermilk Coleslaw Caesar Romaine Side Salad Mixed Fruit Cocktail w/ Strawberries Assorted Fresh Fruit	Kidney Bean Salad Fresh Red Pepper Strips Chilled Pears Assorted Fresh Fruit	Cool Marinated Cucumbers Tossed Salad Pineapple Tidbits Assorted Fresh Fruit	Fresh Celery Sticks Marinated Tomato & Cucumber Salad Chilled Canned Peaches Assorted Fresh Fruit

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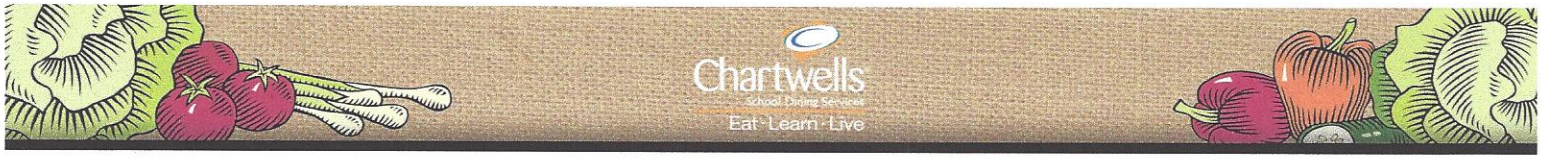

Stamford HIGH Schools
Lunch Menu Sept,23, 2013 – Sept,27, 2013

A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 2 fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Eat Smart	Scrambled Eggs with Cheddar Cheese Pork Sausage Patty Toasted English Muffin with Cheese	Whole Grain Chicken Nuggets Brown Fiesta Rice Mixed Vegetables Spicy BBQ Sauce	Herb Roasted Chicken Mashed Sweet Potatoes Corn	Turkey Hot Dog on a Whole Wheat Bun Baked Beans Seasoned Green Beans	Breaded Chicken Parmesan Whole Grain Pasta Homemade Marinara Seasoned Broccoli
Grab a Stack!	Cheeseburger on Whole Grain BBQ Chicken on WG Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Whole Grain Cheese Quesadilla w/ Salsa Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Turkey Hot Dog on a Whole Wheat Bun Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Meatball Sub Sandwich Oven Baked Crinkle Fries	Cheeseburger on Whole Grain Turkey Hot Dog on a Whole Wheat Bun Oven Baked Crinkle Fries
Crust & Stuff	***Available Daily : Cheese Pizza on Chartwells Super Whole Wheat Crust with Olive Oil and Flax Seed***				
	Whole Wheat Pepperoni Pizza	Whole Wheat Buffalo Chicken Pizza	Whole Wheat Pepperoni Pizza	Roasted Vegetable Flatbread	Whole Wheat Pepperoni Pizza
Outtakes	***Available Daily: Garden Saladw/ Croutons & Dinner Roll ; Peanut Butter & Jelly ; Ham or Turkey Sandwich ; Fresh Fruit Choice ; Veggie Bar ; Romaine Lettuce ;Sliced Tomato & Milk Choice Available daily***				
	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers	Buffalo Chicken Salad w/ Croutons and Crackers
Extra! Extra!	Sweet Corn Salad Fresh Broccoli and Baby Carrots Chilled Applesauce Assorted Fresh Fruit	Buttermilk Coleslaw Caesar Romaine Side Salad Mixed Fruit Cocktail w/ Strawberries Assorted Fresh Fruit	Kidney Bean Salad Fresh Red Pepper Strips Chilled Pears Assorted Fresh Fruit	Cool Marinated Cucumbers Tossed Salad Pineapple Tidbits Assorted Fresh Fruit	Fresh Celery Sticks Marinated Tomato & Cucumber Salad Chilled Canned Peaches Assorted Fresh Fruit

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