

NAME: _____

CLASS: _____

HEALTHY CHOICE MENU HIGH SCHOOL 2015/2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 →				
<input type="checkbox"/> HEALTHY CHOICE: BBQ Meatballs, Veggie Brown Rice, Stir-Fried Veggies, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: ⁺ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Garlic Roll, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Breaded Chicken Burger , Roasted Potatoes, Veggies, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Chicken Potato Bowl, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: ⁺ Soft Chicken Taco, Mexican Rice, Milk, <input type="checkbox"/> COMBO:
Week 2 →				
<input type="checkbox"/> HEALTHY CHOICE: Breaded Chicken Tenders , Roasted Potatoes, Veggies, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Shepherd's Pie, Garden Salad, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: ⁺ Creamy Chicken Pasta Roll, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: ⁺ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Roasted Chicken, Mashed Potato and veggies, Milk <input type="checkbox"/> COMBO:
Week 3 →				
<input type="checkbox"/> HEALTHY CHOICE: ⁺ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Garlic Roll, Milk <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: BBQ Meatballs, Veggie Brown Rice, Stir-Fried Veggies, Milk <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Chicken Potato Bowl, Milk <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Breaded Chicken Burger), Roasted Potatoes, Veggies, Milk <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: ⁺ Soft Beef Taco, Mexican Rice, Milk <input type="checkbox"/> COMBO:
Week 4 → Sept. 30				
<input type="checkbox"/> HEALTHY CHOICE: ⁺ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Breaded Chicken Tenders Roasted Potatoes, Veggies, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: ⁺ Creamy Chicken Pasta Roll, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Shepherd's Pie, Garden Salad, Milk, <input type="checkbox"/> COMBO:	<input type="checkbox"/> HEALTHY CHOICE: Roasted Chicken, Mashed Potato and veggies, Milk <input type="checkbox"/> COMBO:
Every Monday Homemade Soup: Chicken Veggie Noodle	Every Tuesday Homemade Soup: Chicken Veggie Noodle	Every Wednesday Homemade Soup: Chicken Veggies Noodle	Every Thursday Homemade Soup: Chicken Veggie Noodle	Every Friday Homemade Soup: Chicken Veggie Noodle

- List Combos**
- 1/ Grilled Cheese Sandwich and Chicken Noodle Soup
 - 2/ Chicken Bacon Ranch Wrap and Baked Chips
 - 3/ 6" Ham and Cheese Sub and Veggies & Dip
 - 4/ Peperoni Pizza and Caesar Salad
 - 5/ Homemade Texas Chili and Nacho Chips
 - 6/Veggie Wrap and Baked Chips



Visit www.chadwickfoods.com to register for our LUNCHGROUPIE program.

You can prepay in multiples of \$50. Print out your confirmation email and have your child bring to cafeteria. We will track the balance and notify you when it is time to fill up your lunch groupie account.

Please note: We no longer accept personal cheques. We accept cash or on-line payments.

