



Council Rock High Schools

9-16-19

Monday Tuesday Wednesday Thursday Friday

create

Wings & Tots

Chicken Wings with your Favorite Sauce and Cheezy Tots

Meatball Sub Sandwich

Meatballs in Gravy on a Roll Served with House Chips

Hawks Bowl

Student Favorite

Chicken Tenders. Mashed Potatoes, Corn and Gravy

Assorted Quesadillas

Chicken, Cheese, or Bean Quesadillas Served with Tortilla Chips, Salsa & Sour Cream

Ramen Noodle Bar

Ramen Noodles with your Favorite Toppings

Wild Greens

Custom made fresh to order daily!

Greens:

House Blend Greens

Veggies:

Tomatoes, Cucumbers, Red Onions, Olives, Peppers, Peas, Carrots, Beets, & Croutons

Proteins:

Breaded Chicken, Grilled Chicken, Ham, Turkey, Shredded Cheddar, Chopped Egg.

Dressings:

Caesar, Balsamic, Honey Mustard, Italian, or Ranch.



Chicken & Broccoli Alfredo Flat Bread Classic Cheese, Traditional Pepperoni

Beef Taco Pizza Classic Cheese, Traditional Pepperoni

Chicken Parmesan Pizza Classic Cheese, Traditional Pepperoni

Cheese Steak Pizza Classic Cheese, Traditional Pepperoni

Meat Lovers Pizza Classic Cheese, Traditional Pepperoni

grilled

Italian Grinder Hot Dog Cheeseburger Hamburger Bacon Cheese Burger Grilled Cheese

Cheese Steak Hot Dog Cheeseburger Hamburger Bacon Cheese Burger Grilled Cheese

Pulled BBQ Pork Sandwich Hot Dog Cheeseburger Hamburger Bacon Cheese Burger Grilled Cheese

Grilled Roasted Veggie Wrap Hot Dog Cheeseburger Hamburger Bacon Cheese Burger Grilled Cheese

Classic Fish & Cheese Sandwich Hot Dog Cheeseburger Hamburger Bacon Cheese Burger Grilled Cheese



chartwells
**Discovery
KITCHEN**



Monday	Tuesday	Wednesday	Thursday	Friday
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Custom made fresh to order daily!

Breads:

Assorted Amoroso Roll or Soft Flour Tortilla, White, Wheat or Rye Breads

Spreads:

Mayo, Mustard, Creamy Caesar & Ranch Dressings

Meats & Cheese:

Deli Turkey and Ham, Roast Beef, Chicken, Tuna, Egg Salads., American, Swiss, Pepper Jack or Provolone.

Veggies:

Garden Fresh Shredded Lettuce, Sliced Tomatoes, Jalapenos, and Thinly Sliced Red Onions

This weeks Specialty Sandwiches:

Mon. Turkey Bacon Ranch Wrap **Tues.** Buffalo Chicken Wrap **Wed.** Tuna Salad Sub
Thur. Grilled Veggie Flat Bread **Fri.** Chicken Caesar Wrap

Chicken Dippidty

Buffalo Chicken Bites	Mini Chicken Tacos	Crispy Chicken Tenders	Chicken Fries	Chicken Nuggets
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Choose Original, Spicy, or Grilled Chicken & Build Your Sandwich :

Sriracha Mayo, Hot Sauce, Mayo, BBQ, Ranch

Cheese, Peppers, Lettuce, Tomato

Served on an Amoroso Kaiser Roll

**ON
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GO**

Veggie Pasta Salad	Chicken Salad Sandwich	Peanut Butter and Jelly Sandwich With Chips	Tuna Salad Sandwich With Chips	Chicken Caesar Wrap With Chips
Buffalo Chicken Wrap Served with Chips	Peanut Butter and Jelly Sandwich With Chips	Turkey and Cheese Sub Served with Chips	Veggie Pasta Salad	Peanut Butter and Jelly Sandwich With Chips
Strawberry Parfait with Homemade Granola	Blueberry Parfait with Homemade Granola	Peach Parfait with Homemade Granola	Blueberry Parfait with Homemade Granola	Strawberry Parfait with Homemade Granola