



October Staff Menu

Chartwells and Lakeview Food Service are proud to offer you a daily staff menu. Each delicious, staff-only, entrée is available for \$3.00. All orders must be called into ext. 2223 *before 9:00 a.m.*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Turkey and Egg Chef Salad</u> Diced deli turkey bites along with diced egg, tomatoes, fresh veggies atop fresh greens and served with a bread item and fruit of the day. -OR- <u>Turkey Croissant</u> Deli turkey slices on a flaky croissant with lettuce and tomato. Served with cauliflower buds and ranch dressing for dipping, orange wedges and milk.	<u>Turkey, Bacon and Cheese Sub</u> Deli turkey, lettuce, tomato, Swiss cheese and bacon on a fresh baked sub bun and served with a bag of baked chips and fruit of the day . -OR- <u>Tuna Pita Pocket</u> Fresh mixed tuna salad filled pitas with lettuce and tomato slices on the side. Served with dill pickle spears and fruit of the day.	<u>Egg Salad</u> Nettie's egg salad mix on whole grain bread and served with a bag of crunchy pretzels, some dill pickle spears and a fruit cup. -OR- <u>Chicken Finger Wrap</u> Breaded chicken fingers on a flour tortilla w/ ranch dressing and lettuce and tomato, served with a bag of chips and fruit of the day.	<u>Yogurt Cup</u> Low fat yogurt served with cheese slices and crackers. Fresh veggies go on the side, along with a 100 calorie pack of cookies and fruit of the day. -OR- <u>Taco Salad</u> Taco salad w/ seasoned beef, cheese, crunchy green peppers and juicy tomatoes. Salsa is on the side and top it off with Frontier French dressing. This meal is accompanied by fresh orange slices and a cookie.	<u>Veggielicious Chef</u> Chef salad packed with fresh veggies, sliced eggs and shredded cheddar and mozzarella cheese. Served with a breadstick and fruit of the day. -OR- <u>Turkey Club Sub</u> Deli turkey, bacon and Swiss cheese along with lettuce and tomato in a fresh baked sub bun. Served with a bag of baked chips and fruit of the day.



Staff Members may also order a Chef Salad, slice of pizza or a hot sandwich daily. All meals include milk and a fresh baked cookie!

Have menu ideas for adults? Email them to the FS office: cooperc@lakeviewschools.net!