

# WHS Menu

## Daily Offerings

SO  
DELI  
*delicious!*



create



*Asian Nation*

grill'd

grill'd  
CHICK-N

wild greens



nu bon pain

create

## WHS CLASSICS & FAVORITES

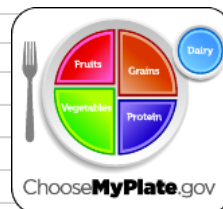
OR

### CHEF TABLE!

On Chef Table Days The Create Station Features  
A Special Menu Item

Created By The Weston High School Culinary Team

*Inspired By Seasonal Market Baskets  
And A Culinary Focus  
"This ain't school lunch!"*



## MENU PRICING BY STATION

### create

Regular \$3.80 / Large \$6.50

Chef Table Special of the Day - Prices Vary From \$6.50 - \$7.95

### SO DELI delicious!

Regular \$4.25 / Large \$6.75

(regular size includes choice of assorted sliced breads. Artisan rolls and wraps are available in regular sizes for an upcharge of .60 cents. Large sizes include any bread choice.)

(add Bacon to any sandwich \$1.25)



Cheese Pizza Slice \$3.20 / Special Topping \$3.50 / Flatbreads \$5.50

Pay By Weight Pasta Bar .46/ounce

### grill'd

100% Certified Angus Beef Burger Bar (served with oven baked fries)

\$6.75

Brunch Bar (Pancakes, French Toast, Egg and Cheese) Regular \$3.80 / Large \$6.50

### wild greens

Creative Salad Specials Regular \$3.80 / Large \$6.50

Pay by Weight Salad Bar .46/ounce



Custom Made Quesadillas Regular \$3.80 / Large \$6.50

Custom Made Burrito Regular \$3.80 / Large \$6.75

(add a side of Guacamole to any Quesadilla or Burrito \$1.25)

### Asian Nation

Tempura Chicken, Steamed Rice and Broccoli

Marinated Soba Noodle Bowl / Deconstructed California Roll Bowl

Regular \$3.80 / Large \$6.75

## **Beverage List**

### **Dairy**

2% White Milk or Skim Chocolate Milk (all hormone free) \$0.65

Horizon Organic Low Fat Milk Box (chocolate or vanilla) \$2.10

Stonyfield Organic Yogurt and Fruit Smoothie \$2.10

### **Dairy Alternative**

Silk Soy Milk (vanilla or chocolate) \$1.75

### **100% Fruit Juice**

Minute Maid Juices \$1.65

Tropicana Pure Premium Juices \$2.25

Switch Sparkling Juice \$1.50

Naked Juice \$3.00

### **Water**

Bottled Water \$1.25

Poland Spring Sport Cap Water \$1.85

Assorted Sparkling Waters \$1.75

Hint \$2.00

Spindrift \$2.00

Alo Water \$3.00

## Daily A la Carte List

Fresh Cut Fruit Cup \$2.50

Assorted Fresh Made Composed Salads & Sushi \$MP

Stonyfield Organic Yogurt Parfaits with Non-GMO Nut Free Granola \$3.50

Chobani Flips \$3.50

Frozen Fruit Slush \$2.00

Cheese, Grapes and Non-GMO Cracker Cups \$2.85

Gluten Free Pudding Cup \$1.10

Nutella & Go \$2.75

Sabra Hummus Cup w/Pretzels \$3.25

Sabra Chips and Guac Cup \$3.25

Mozzarella String Cheese \$0.65

Whole Fruit \$0.85

Assorted Au Bon Pain Soups \$3.50 (add oyster crackers \$0.50)

Assorted Cereal Bowls \$1.10

Assorted Baked Frito Lays Brand \$1.25

Pringles \$1.50

Assorted Sun Chips \$1.25

Rold Gold Pretzels \$1.25

Stacy's Pita Chips \$1.50

Smartfood Popcorn \$1.25

Sports Nutrition Bars (Luna, Clif, Nugo) \$2.65

Hot Soft Pretzel \$2.00

Fresh Baked Cookies \$1.50

Specialty Baked Goods \$2.25

Udi's Gluten Free Cookie \$1.85

Jennies Coconut Macaroons (Non GMO) \$1.65

Good Health Veggie Straws (Non GMO) \$1.60

Kettle Brand Potato Chips (Non GMO) \$2.10

Snikiddy Snacks (Non GMO) \$1.50

Popcorn Indiana Kettle Corn (Non GMO) \$1.25

Stretch Island Fruit Leather (Non GMO) \$1.00

Munch Bar (Build your own trail mix) \$.46/ounce

Self Serve Froyo \$.46/ounce

## **DID YOU KNOW?**

We use 100% certified humane, antibiotic and hormone free Angus ground beef in our recipes

Our chicken is raised with a restricted antibiotic protocol

Our eggs are cage free

We use only natural cheeses in our kitchens

We use ingredients that are free from high fructose corn syrup

We do not use ingredients containing hydrogenated oils

We do not deep fat fry

Our meats are “whole muscle,” non-processed

Our Tuna is line caught, dolphin safe

Our deli meats are Boars Head Brand

Our milk is hormone free

We use regional farmers for fruits and vegetables (seasonally available)

Our fruit juices are 100% juice

## **Parents of Students with Allergies**

Please contact us directly with questions regarding menu items and ingredients so we may provide your child with safe lunch choices.

## **Parental Controls**

We understand that parents may want to limit their child’s privileges to certain items available in the cafeteria. For more information about this service please contact our offices (203) 221-6500 (x4070) so we may discuss this option.

## The Culinary Services Program at Weston Public Schools

**Director of Culinary:** Andre Santelli, FMP

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**Chartwells Dining Manager:** Meghan Bendish

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### **Chefs de Cuisine:**

Hurlbutt Elementary School: Joe Miele

Weston Intermediate School: Ralph Serpico

Weston Middle School: Blanca Ponce

Weston High School: Luis Cedeno

### **Finance and Accounts:**

Kareshma Sadat

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