

ABOUT CHANOS

We at CHANOS are extremely honored & privileged for the opportunity to serve the students of Franklin Lakes, NJ.

We believe food is the foundation of health, FOOD BECOMES WHAT WE ARE and WE ARE WHAT WE EAT. At CHANOS, we only serve you what we want to eat ourselves, simply the highest quality. We only cook with the FRESHEST INGREDIENTS to ensure you have EXTRAORDINARY FOOD. No artificial colors or flavors, no trans fats, no additives, no high fructose corn syrup, dehydrated eggs, or imitation butter, just REAL FOOD, MADE BY HAND, FROM SCRATCH IN OUR KITCHEN.

GOOD BYE BORING! WELCOME REAL FOOD!

One thing is for sure, Latin food is COLORFUL, VIBRANT and always TASTY. CHANOS is a vibrant celebration of the diverse cuisine of Mexico & Latin America! We are a family owned kitchen featuring a delicious menu. We believe we have a responsibility to YOU, our customers, to share the most beloved and diverse culinary traditions of Latin America; all time-honored recipes made from scratch with fresh natural ingredients!

We have selected for your kids a well balanced menu both satisfying and nourishing that includes Soups, Empanadas, Tacos, Burritos, Salads, Quesadillas, Guacamole, Salsas, Rice and Beans among other options, all made daily from scratch with fresh ingredients, REAL FOOD. For your convenience, you will be able to order & pay online for every month of the school year.

As a FAMILY, we share YOUR same values, we want OUR KIDS to have healthy bodies, healthy minds and great academic achievement; to enjoy life, food and have lots of fun!

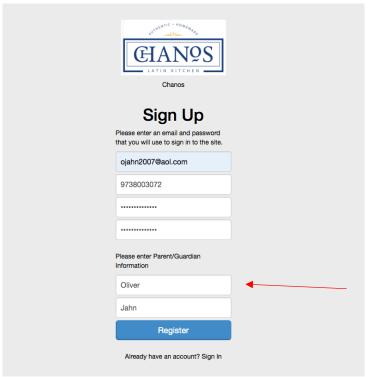
CHANOS FAMILY.

www.chanosrestaurant.com

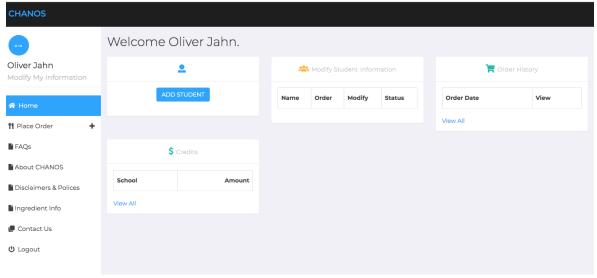
https://chanos.schoollunchchoice.com/newsite/index.php

HOW TO ORDER

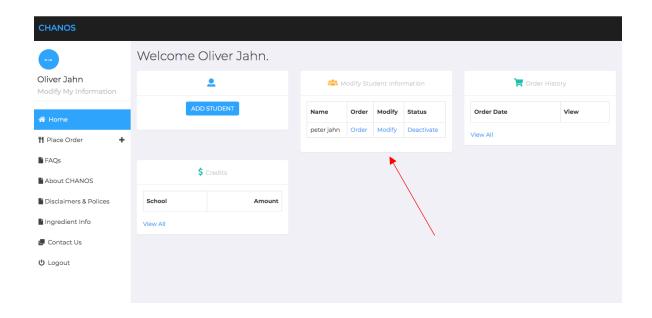
- 1) Go to: https://chanos.schoollunchchoice.com/newsite/index.php
- 2) Create an account



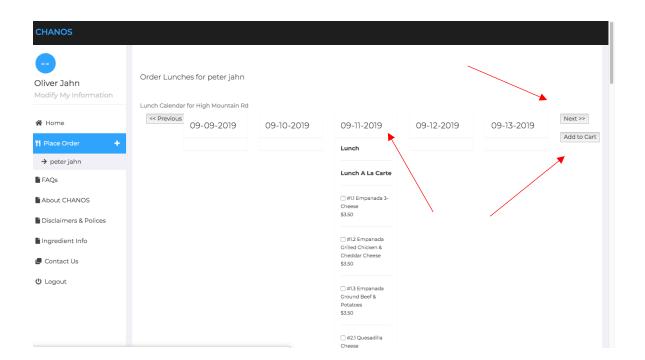
3) Add a Student Information (including school, grade and teacher). Save.



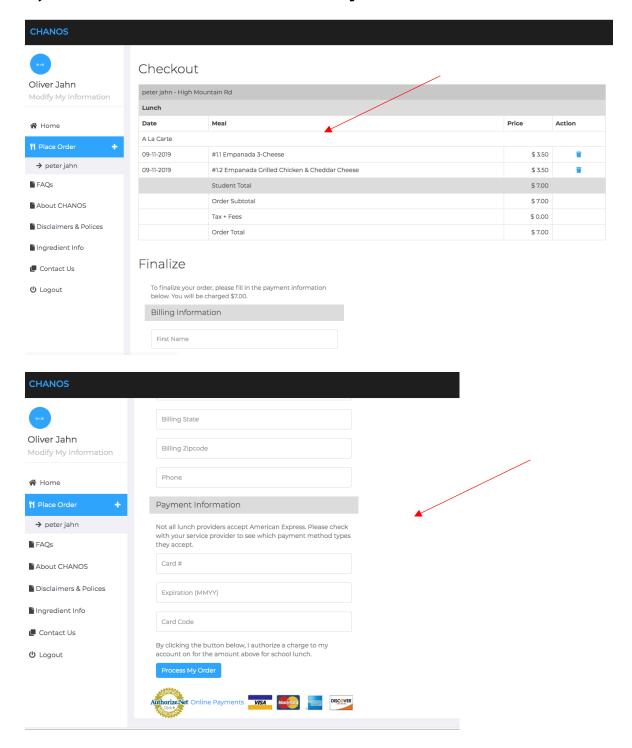
4) Place an order for your child/children



5) Select the Week(s) for your order by Scrolling to the Right. Add to Cart.



6) Confirm Order and Enter Payment Information.



You can also View Order History, Cancel an Order & View Credits.

CHANOS INGREDIENT INFO

EMPANADAS

Colombian Style Crisp Corn Crust "Hot Pockets" stuffed with your choice of 3 different savory fillings: 1) Ground Beef & Potatoes, 2) 3-Cheese (Mozzarella, Cheddar & American Cheese), and 3) Grilled Chicken with Cheddar Cheese and a pinch of mild pickled Jalapenos. **Gluten Free.**

QUESADILLAS

10" Soft Flour Tortilla stuffed with Mozzarella Cheese, folded and cooked until golden in the outside and melted in the inside. Meat choices available to add inside Ouesadilla.

BURRITOS

10" Soft Flour Tortilla stuffed with White Rice, Black Beans, Corn, Mozzarella Cheese & Lettuce & Tomatoes. You can add your choice of protein inside. For HMR students, Lettuce & Tomatoes will be provided on the side upon request.

TACOS

6" Soft Flour Tortilla stuffed with your choice of protein, then topped with Cheddar Cheese, Lettuce & Tomatoes. Available to some Schools with Corn Tortillas (Gluten Free). For HMR students, Lettuce & Tomatoes will be provided on the side upon request.

RICE BOWLS

White Rice, Black Beans & Mozzarella Cheese. Sometimes offered with Brown Rice instead of White. Gluten Free & Vegetarian. You have the choice of adding meat on top.

ROLLOS

8" Soft Flour Tortilla with Mozzarella Cheese and the Meat of your choice, rolled, heat-pressed until golden-crisp outside and gooey warm inside.

SOUPS

Nourishing delicious 8oz soups made from scratch.

Chicken Vegetable & Rice: chicken broth, shredded chicken breast, peas, corn & diced carrots and white rice.

Gluten Free & Dairy Free.

Lentil, Potatoes & Carrots. Gluten Free & Vegan.

Split Pea & Roasted Ham. Gluten Free & Dairy Free.

Fideo: Spanish style vermicelli noodles cooked in a tasty tomato sauce with corn kernels, Vegan.

SALAD

Fresh green leaf lettuce, tomatoes, carrots & corn. Includes a 2oz fresh Vinaigrette (olive oil, vinegar, and a pinch of black pepper & oregano). Gluten Free & Vegan. Adding your choice of protein available. Menu item offered in some Schools.

OTHER

4oz White Rice. Gluten Free & Vegan.

4oz Brown Rice. Gluten Free & Vegan.

2oz Fresh Guacamole: mashed avocados with a touch of lime juice. Gluten Free & Vegan.

1 small bag of Chanos Corn Tortilla Chips. Gluten Free & Vegan.

Fresh Salsas:

- 1oz Avocado Sauce, Mild. Gluten Free & Vegan.
- 1oz House Salsa, Mild. Gluten Free & Vegan.
- 1oz Creamy Chipotle, Medium. Gluten Free & Vegetarian.
- 1oz Jalapeno Lime, Medium. Gluten Free & Vegan.
- 1oz Crème Fraiche or Mexican Cream. Gluten Free & Vegetarian.