



Chartwells School District University City
EARLY CHILDHOOD SCHOOL
January 2011 Lunch Menu
Student lunch \$1.65 Reduced price \$.40

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, nutritious meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

Questions or comments?
 Please call TANYA RODRIGUEZ, Food Service Director at 314-290-4068

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Balanced Choices Meal: *Chicken Nuggets w/ Dinner Roll Seasoned Corn Mashed Potatoes Chilled Diced Pears Low Fat Milk Choice	4 Balanced Choices Meal: Baked Ravioli w/ Meat Sauce Whole Wheat Bread Seasoned Green Beans Fruit Crisp Low Fat Milk Choice	5 French Toast Sticks w/ House-Made Fruit Topping Turkey Sausage Patty Fresh Orange Low Fat Milk	6 Roasted Chicken Legs Baked Sweet Potatoes Baked Green Beans Chilled Pears Low Fat Milk
9 Enchilada Pie Southwest Beans Seasoned Corn Chilled Peaches Low Fat Milk	10 Balanced Choices Meal: *Mini Corn Dogs Potato Wedges Seasoned Carrots Chilled Applesauce Low Fat Milk	11 Balanced Choices Meal: *Spaghetti w/ Meat Sauce Garlic Breadstick Warm Baked Apple Slices Tossed Green Salad w/ Low Fat Dressing Low Fat Milk	12 *Chicken Patty on Bun Seasoned Mixed Vegetables Chilled Pineapple Tidbits Low Fat Milk	13 NO SCHOOL
16 NO SCHOOL	17 Balanced Choices Meal: *Chicken Nuggets Cheesy Macaroni & Cheese Seasoned Mixed Vegetables Mixed Fruit Low Fat Milk	18 Balanced Choices Meal: *Pasta Marinara w/Cheese Bosco Stick Seasoned Green Beans Chilled Pineapples Low Fat Milk	19 Cheeseburger on Bun Oven Baked French Fries Seasoned Corn Chilled Peaches Low Fat Milk	20 Beefy Lasagna Wheat Roll Seasoned Peas & Carrots Mixed Fruit Low Fat Milk
23 Balanced Choices Meal: Turkey Hot Dog on a *Bun Homemade Chili Season Green Beans Chilled Peaches Low Fat Milk	24 Nachos (Beef & Bean) Seasoned Mixed Vegetables Chilled Pineapple Tidbits Fresh Zucchini Sticks & Dip Low Fat Milk	25 Chicken Nuggets Herbed Roasted Potatoes Season Corn Fresh Orange Wedges Low Fat Milk	26 Junior Turkey & Cheese Sub Potato Wedges Fresh Orange Wedges Salad & Low Fat Dressing Low Fat Milk	27 *Cheesy Pizza Broccoli w/Dipping Sauce Chilled Pears Low Fat Milk
30 Balanced Choices Meal: Beefaroni Garlic Toast Sticks Seasoned Corn Chilled Mandarin Oranges Low Fat Milk	31 Toasted Cheese Sandwich Herbed Roasted Potatoes Season Corn Chilled Peaches Low Fat Milk			



Go to MyPlate.gov for online personal wellness resources for you and your family.

*This menu item is made with whole grain.
 Daily Milk Choices Include: 1% White, Skim White, and Skim Chocolate
 Pork Bold and Italicize