



Chartwells School District **ELEMENTARY 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 Today	3 Balanced Choices Meal: *Chicken Nuggets w/ *Whole Wheat Bread Seasoned Corn Mashed Potatoes Chilled Mandarin Oranges 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 Apple Seasoned Carrots Low Fat Milk Choice	6 Roast Pork Seasoned Broccoli Mashed Potato w/Gravy Tossed Green Salad w/ Low Fat Dressing Low Fat Milk Choice
9 Saucy Italian Meatballs Buttered Noodles w/Parmesan Seasoned Broccoli Rosy Applesauce Celery Sticks w/ Low Fat Dip Low Fat Milk Choice	10 *Two Soft Tacos w/Turkey and Cheese Shredded Lettuce and Tomato Chilled Pears Refried Beans Low Fat Milk Choice	11 Balanced Choices Meal: *Spaghetti w/ Meat Sauce Garlic Breadstick Warm Baked Apple Slices Tossed Green Salad w/ Low Fat Dressing Low Fat Milk Choice	12 *Chicken Patty on Bun Season Mixed Vegetables Seasoned Carrot "Fries" Chilled Pineapple Tidbits Low Fat Milk Choice	13 No School Today
16 No School Today	17 Balanced Choices Meal: *Chicken Nuggets Cheesy Macaroni & Cheese Broccoli Salad Fresh Orange Wedges Low Fat Milk Choice	18 Balanced Choices Meal: *Pasta Marinara w/Cheese Bosco Stick Tossed Green Salad w/ Low Fat Dressing Rosy Applesauce Low Fat Milk Choice	19 Cheeseburger on *Whole Wheat Bun Potato Puffs Chilled Peaches Salad Bar Low Fat Milk Choice	20 Cheese/Pepperoni Pizza Seasoned Corn Rosy Applesauce Seasoned Corn Low Fat Milk Choice
23 Balanced Choices Meal: Turkey Hot Dog on a Bun Homemade Chili Sweet Potato Puffs Chilled Peaches Low Fat Milk Choice	24 Balanced Choices Meal: *Taco Salad (Beef/Bean/Shredded Cheese) Shredded Lettuce w/Tomatoes Chilled Pineapple Tidbits Fresh Broccoli Spears Low Fat Milk Choice	25 Balanced Choices Meal: Barbecued Pork Riblet on Bun Seasoned Corn Baked Beans Apple Low Fat Milk Choice	26 *Chicken Patty on Bun Mashed Potatoes w/Gravy Salad Bar Chilled Peaches Low Fat Milk Choice	27 Beefy Lasagna *Wheat Roll Seasoned Peas & Carrots 100% Fruit Punch Low Fat Milk Choice
30 Balanced Choices Meal: *Beefaroni Garlic Bread Seasoned Corn Chilled Mandarin Oranges Low Fat Milk Choice	31 Balanced Choices Meal: *Mini Corn Dogs Baked Potato Wedges Seasoned Carrots Fresh Grapes Low Fat Milk Choice			30 No School Today
Alternate Lunches Daily → includes daily fruit, vegetable and milk choices				
<u>Mondays:</u> *Hummus w/ Baked Tortilla Chips	<u>Tuesdays:</u> Salad Shaker w/ crackers	<u>Wednesdays:</u> Cold Pizza Bagel (Bagel, Pizza Sauce & Shredded Cheese)	<u>Thursdays:</u> *Toasted Cheese Sandwich	<u>Fridays:</u> *Little Bites Cereal w/ String Cheese



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