



Chartwells School District **ELEMENTARY SCHOOL** **February 2012 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
		1  Balanced Choices Meal: Baked Ravioli w/ Meat Sauce *Whole Wheat Bread Seasoned Green Beans Fruit Crisp Low Fat Milk Choice	2 French Toast Sticks w/ House-Made Fruit Topping Turkey Sausage Patty Fresh Apple Seasoned Carrots Low Fat Milk Choice	3 Oven Baked Chicken Seasoned Corn & Peas Mashed Potato w/Gravy Tossed Green Salad w/ Low Fat Dressing Strawberries Low Fat Milk Choice
6 Saucy Italian Meatballs Buttered Noodles w/Parmesan Seasoned Broccoli Rosy Applesauce Celery Sticks w/ Low Fat Dip Low Fat Milk Choice	7 * Soft Turkey Tacos w/Cheese Shredded Lettuce and Tomato Banana Refried Beans Low Fat Milk Choice	8  Balanced Choices Meal: *Spaghetti w/ Meat Sauce Garlic Breadstick Seasoned Green Beans Warm Baked Apple Slices Tossed Green Salad Low Fat Milk Choice	9 *Chicken Patty on Bun Season Mixed Vegetables Seasoned Carrot "Fries" Chilled Pineapple Tidbits Low Fat Milk Choice	10 Cheese/Pepperoni Pizza Seasoned Corn Rosy Applesauce Seasoned Corn Low Fat Milk Choice
13 *Toasted Cheese Sandwich On Whole Wheat Bread Bean Soup Chilled Peas Fresh Broccoli w/Dipping Sauce Low Fat Milk Choice	14  Balanced Choices Meal: *Chicken Nuggets Cheesy Macaroni & Cheese Broccoli Salad Fresh Orange Wedges Low Fat Milk Choice	15  Balanced Choices Meal: *Pasta Marinara w/Cheese Bosco Stick Tossed Green Salad w/ Low Fat Dressing Rosy Applesauce Low Fat Milk Choice	16 Cheeseburger on *Whole Wheat Bun Potato Puffs Chilled Peaches Salad Bar Low Fat Milk Choice	17 No School Today
20 No School Today	21  Balanced Choices Meal: *Taco Salad (Beef/Bean/Shredded Cheese) Seasoned Mixed Vegetables Chilled Pineapple Tidbits Fresh Broccoli Spears Low Fat Milk Choice	22  Balanced Choices Meal: Barbecued Pork Riblet on Bun Seasoned Corn Baked Beans Apple Low Fat Milk Choice	23 *Chicken Patty on Bun Mashed Potatoes w/Gravy Salad Bar Chilled Peaches Low Fat Milk Choice	24 Beefy Lasagna *Wheat Roll Seasoned Peas & Carrots Chilled Cherries Low Fat Milk Choice
27  Balanced Choices Meal: *Beefaroni Garlic Bread Seasoned Corn Chilled Mandarin Oranges Low Fat Milk Choice	28  Balanced Choices Meal: *Mini Corn Dogs Baked Potato Wedges Seasoned Carrots Fresh Grapes Low Fat Milk Choice	29 *Chicken Patty on Bun Seasoned Mixed Vegetables Salad Bar Chilled Pineapples Low Fat Milk Choice		

Alternate Lunches

Daily → includes daily fruit, vegetable and milk choices

Mondays:

*Hummus w/ Baked Tortilla Chips

Tuesdays:

Salad Shaker w/ crackers

Wednesdays:

Cold Pizza Bagel (Bagel, Pizza Sauce & Shredded Cheese)

Thursdays:

*Toasted Cheese Sandwich

Fridays:

*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