

**Chartwells School District University City
High School
January 2011 Lunch Menu
Student lunch \$2.05 Reduced price \$.40**

Wellness Tip: Water, Water, Water! It is the answer to everything. When thirsty drink water, when hot drink water, when you eat drink water, while walking drink water, etc. Overall – water is essential to good health. In fact, every system in your depends on water. On average a healthy adult needs 8 – 9 per day.

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL TODAY	3 *Whole Wheat Spaghetti Italian Meat Sauce/Marinara Sauce Seasoned Green Beans Garlic Toast Sticks Turkey Chili Dog on Bun	4 Chicken Parmesan Mashed Potatoes Season Broccoli Season Corn Dinner Roll Chicken Rings	5 Sweet & Sour Popcorn Chicken Fried Rice Seasoned Carrots Breadstick Fresh Apple Patty Melt	6 Baked Fish Sticks Cheesy Macaroni & Cheese Seasoned Mixed Veggies Season Green Beans Spicy Chicken on a Bun
9 Korean Braised Ribbies *Oriental Fried Rice Steamed Broccoli Cuts Crunchy Asian Topping *Chicken Nuggets Oven Baked Fries	10 Chicken & Ham Jambalaya *Cajun Rice Seasoned Carrots Jalapeno Corn Muffin Pizza Burger on a Bun Seasoned Carrots	11 *Baked Chicken Nuggets Cheesy Macaroni Season Corn Dinner Roll Hot Ham & Cheese on a Roll Mashed Potato	12 Meatloaf & Brown Gravy Mashed Potatoes Seasoned Peas Dinner Roll Chicken Ranchero Wrap	13 NO SCHOOL TODAY
16 NO SCHOOL TODAY	17 BBQ Chicken Mashed Potatoes Seasoned Green Beans Buttery Spaghetti Squash *Chicken Nuggets Baked Sliced Apples	18 French Toast Sticks Baked Potato Puffs Scrambled Eggs & Ham Shredded Cheddar Cheese Chicken Wrap	19 Chicken Caccitore & Rice Seasoned Broccoli Seasoned Corn Whole Wheat Dinner Roll Philly Cheesesteak	20 *Chicken Nuggets Baked Bean Seasoned Corn Seasoned Green Beans Ham & Cheese Wrap
23 Oven Baked Pork Riblet Mashed Potatoes Baked Beans Coleslaw Dinner Roll Salsa Chicken Wrap	24 Oven Fried Chicken Macaroni & Cheese Seasoned Corn & Peas Seasoned Green Beans BBQ Riblet On Bun Oven French Fries	25 Chicken Broccoli Alfredo *Wheat Roll Seasoned Broccoli Seasoned Carrots Honey Mustard Chicken Wrap Seasoned Broccoli	26 Sloppy Jose On *Wheat Bun Fiesta Rice Seasoned Green Beans Seasoned Corn Chicken Ranchero Wrap Seasoned Green Beans	27 Baked Potato Wedge w/Chili & Cheese Homemade Corn Bread Seasoned Broccoli Seasoned Corn Chicken Parmesan Wrap
30 Roast Pork Fried Rice Seasoned Carrots Wheat Pasta Lo Mein Sauce Dinner Roll Chicken Ranchero Wrap Seasoned Green Beans	31 Chicken Fajitas Fiesta Rice Mexican Corn Flour Tortilla Mediterranean Beef Wrap			
Pizza Offered Daily Deli (Sandwiches Made To Order) All Lunches Include: Choice of Three Vegetable/Fruit Side Dishes and Choice of Milk Packaged entrée Salads are Offered with Wheat Crackers and 1.5 oz. Dressing				



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