

**Chartwells School District University City
High School
February 2012 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
		1 Chicken Parmesan Mashed Potatoes Season Broccoli Season Corn Dinner Roll Chicken Rings	2 Sweet & Sour Popcorn Chicken Fried Rice Seasoned Carrots Breadstick Fresh Apple Patty Melt	3 Baked Fish Sticks Cheesy Macaroni & Cheese Seasoned Mixed Veggies Season Green Beans Spicy Chicken on a Bun
6 Korean Braised Ribbies *Oriental Fried Rice Seasoned Broccoli Crunchy Asian Topping *Chicken Nuggets Oven Baked Fries	7 Chicken & Ham Jambalaya *Cajun Rice Seasoned Carrots Jalapeno Corn Muffin Pizza Burger on a Bun Seasoned Carrots	8 *Baked Chicken Nuggets Mashed Potato & Gravy Season Corn Dinner Roll Hot Ham & Cheese on a Roll Mashed Potato	9 Meatloaf & Brown Gravy Cheesy Macaroni Seasoned Peas Dinner Roll Chicken Ranchero Wrap	10 *Baked Ziti Seasoned Corn Seasoned Green Beans Garlic Toast Sticks Meatballs Sub
13 *Spicy Beefy Nachos Fiesta Rice Seasoned Corn Seasoned Green Beans Pizza Burger on Bun Potato Wedges	14 BBQ Chicken Mashed Potatoes Seasoned Green Beans Buttery Spaghetti Squash *Chicken Nuggets Baked Sliced Apples	15 French Toast Sticks Baked Potato Puffs Scrambled Eggs & Ham Shredded Cheddar Cheese Chicken Wrap	16 Chicken Caccitore & Rice Seasoned Broccoli Seasoned Corn Whole Wheat Dinner Roll Philly Cheesesteak	17 No School Today
20 No School Today	21 BBQ Pork Riblets Mashed Potatos Seasoned Corn & Peas Seasoned Green Beans *Chicken Nugget Oven French Fries	22 Chicken Broccoli Alfredo *Wheat Roll Seasoned Broccoli Seasoned Carrots Honey Mustard Chicken Wrap Seasoned Broccoli	23 Chicken Nuggets Brown Rice Seasoned Green Beans Seasoned Corn Chicken Ranchero Wrap Seasoned Green Beans	24 Baked Potato Wedge w/Chili & Cheese Homemade Corn Bread Seasoned Broccoli Seasoned Corn Chicken Parmesan Wrap
27 Roast Pork or Chicken Fried Rice Seasoned Carrots Wheat Pasta & Lo Mein Sauce Dinner Roll Chicken Ranchero Wrap Seasoned Green Beans	28 Sloppy Jose Fiesta Rice Mexican Corn Flour Tortilla Mediterranean Beef Wrap	29 BBQ Chicken Pasta Salad w/Spinach Tomatoes & Corn Seasoned Broccoli Seasoned Corn Chicken Nuggets Oven Baked Fries		
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