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# February, 2010

 Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition 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!

 We feature locally grown produce when in season.

 Part of making healthy diet choices means making  $\frac{1}{2}$  of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol in the cafeteria to help you identify whole grain foods.

<p>1</p> <p></p> <p>Bacon Cheeseburger on Whole Wheat</p> <p>Sweet Potato Fries Cucumber Salad Fresh Fruit &amp; Veggies</p>	<p>2</p> <p></p> <p>Toasted Cheese on Whole Wheat Bread Tomato Soup</p> <p>Veggie Sticks w/lowfat Dressing</p>	<p>3</p> <p></p> <p> Barilla Pasta Plus w/Meatsauce Or Marinara Sauce Fresh Tossed Salad Whole Wheat Bread Sticks Fresh Fruit &amp; Veggie Selection</p>	<p>4</p> <p></p> <p><b>BREAKFAST FOR LUNCH</b> French Toast Sticks Pure Maple Syrup Sausage</p> <p>Hash Brown Patty Fruit Selection</p>	<p>5</p> <p></p> <p>Fresh Baked Whole Grain Cheese &amp; Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit &amp; Veggie Selection</p>
<p> Weekly Alternate: (B) Turkey Sandwich   (D) Salad Shaker with Crackers </p>				
<p>8</p> <p></p> <p>Chicken Lo Mein Steamed Broccoli</p> <p>Egg Roll Mandarin Orange Cup</p> <p>Fresh Fruit &amp; Veggie Selection</p>	<p>9</p> <p></p> <p>Chicken Tenders Mashed Potatoes Gravy Steamed Green Beans Whole Wheat Roll</p> <p>Fresh Fruit &amp; Veggie Selection</p>	<p>10</p> <p></p> <p> Elbow Macaroni w/Beef &amp; Tomatoes Italian seasoned lean ground beef, tomatoes, and enriched elbow macaroni offered w/crispy garlic toast Golden Seasoned Corn Fresh Fruit &amp; Veggie Selection</p>	<p>11</p> <p></p> <p>General Tso Chicken Steamed Brown Rice Vegetarian Egg Roll</p> <p>Chilled Fruit Cup Fresh Fruit &amp; Veggie Selection</p>	<p>12</p> <p></p> <p>Fresh Baked Whole Grain Cheese &amp; Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit &amp; Veggie Selection</p>
<p> Weekly Alternate: (D) Salad Shaker with Crackers  (E) Ham &amp; Cheese Sandwich </p>				
<p>15</p> <p><b>PRESIDENTS DAY</b></p>	<p>16</p> <p><b>WINTER BREAK</b></p>	<p>17</p> <p><b>WINTER BREAK</b></p>	<p>18</p> <p><b>WINTER BREAK</b></p>	<p>19</p> <p><b>WINTER BREAK</b></p>
<p> Weekly Alternate: (G) Tuna Sandwich  (F) Cheerio Bowl with Yogurt  (D) Salad Shaker with Crackers </p>				
<p>22</p> <p></p> <p>Chicken Patty Sandwich on Whole Wheat Roll</p> <p>Oven Baked Sweet Potato Fries Fresh Fruit &amp; Veggie Selection</p>	<p>23</p> <p>General Tso Chicken Steamed Brown Rice</p> <p>Vegetarian Egg Roll Mandarin Orange Cup Fresh Fruit &amp; Veggie Selection</p>	<p>24</p> <p></p> <p>Ravioli Or Mozzarella Sticks w/Marinara dipping sauce Fresh Steamed Green Beans Whole Wheat French Bread</p> <p>Fresh Fruit &amp; Veggie Selection</p>	<p>25</p> <p></p> <p>Beef &amp; Cheese Nachos Steamed Brown Rice</p> <p>Fresh Fruit &amp; Veggie Selection</p>	<p>26</p> <p></p> <p>Fresh Baked Whole Grain Cheese &amp; Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit &amp; Veggie Selection</p>
<p>We now have Deli Bar twice a week - Monday &amp; Wednesday Pre-made sandwiches may be ordered on any day.</p>	<p>Lunch Prices are Students \$2.50 Reduced \$.40 Adults \$3.25 Milk \$.50</p>	<p><u>Fresh Fruits and Vegetables are offered daily</u></p>		

