

Chartwells School Dining Services
Elementary Lunch Menu- Lunch Price \$2.75
 December 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grilled Cheese on Enriched Bread w Mozzarella & American Cheese Carrot Coins Mixed Fruit Cup	2 Balanced Choices Meal: Beefaroni Seasoned Corn Dinner Roll Peach Cup	3 Balanced Choices Meal: Breaded Chicken Nuggets Potato wedges Whole wheat Bread Orange Smiles Choice of Milk	4 Balanced Choices Meal: Tony Smart Pizza Plain or Pepperoni Oven Fries Fresh Apple
7 Balance Choice Meal Bosco Sticks(2)with sauce Seasoned Green beans Applesauce Choice of milk Bosco stick is a fiber enriched breadstick with reduced fat cheese	8 Chicken and Cheese Quesadilla Rice and Beans Corn Mixed Fruit Cup	9 Balance Choice Meal Whole grain Rotini With Meat Balls Italian Bread Green Beans Chilled Peaches	10 Cheese Steak on a bun Oven Fries Rosy Applesauce	11 Fresh baked Pizza Cheese or Pepperoni Pizza* Cucumber Slices Fresh Fruit Choice of Milk
14 Breakfast for Lunch French toast sticks Turkey Sausage links Potato Rounds Fruit cup Choice of milk	15 Balanced Choices Meal: Grilled Chicken Sandwich w/Lettuce & Tomato Seasoned broccoli Raisins	16 Nachos with Beef and Cheese White Rice Corn Fruit	17 Balanced Choice Meal Turkey Hot Dog on a Bun w/ Oven Baked Fries Chilled Applesauce Choice of Milk	18 Personal Pizza Cheese or Pepperoni Chilled Pears Choice of Milk
21 Balanced Choice Meal Breaded Chicken Fries Whipped Potatoes Whole wheat bread Orange Smiles Milk Choice	22 Cheeseburger on an Enriched Bun Oven Fries Chilled Peach Cup Choice of Milk	23 Personal Pizza Plain or Pepperoni Peach Cup Apple Juice Choice of Milk Early Dismissal	24 School Closed	25 Christmas Day School Closed
28 School Closed Winter Recess	29 School Closed Winter Recess	30 School Closed Winter Recess	31 School Closed Winter Recess	Sign up Chartwells E-newsletter! Visit our website at www.eatlearnlive.com to learn more ...

Daily :Alternate Lunches



Peanut Butter & Jelly Offered w/ Fresh Veggie of the Day, Fruit, and Milk

Bagel Bag w/ Yogurt & Cheese Bagel w/ a yogurt cup and String Cheese, Low fat Cream Cheese or Margarine

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry

Mondays:
Junior Tuna Sub
Goldfish Crackers
Lettuce & Tomato
Baby Carrots
100% Fruit Juice, Milk

Tuesdays:
Cereal Fun Lunch: **Reduced Sugar Cereal*** w/ Yogurt,
String Cheese Fruit, 100% Fruit Juice, and Milk

Wednesdays:
Chicken Caesar Salad w/ Dressing
Dinner Roll
Fresh Fruit & Vegetable, Milk

Thursdays:
Cold Nachos Fun Lunch: **Crispy Tortilla Shell Rounds*** w/ Shredded Cheddar, Salsa, Fruit & Milk

Fridays:
 Balanced Choices Meal:
Junior Turkey & Cheese Sub w/ Graham Crackers*, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk

*This menu item is made with whole grain.

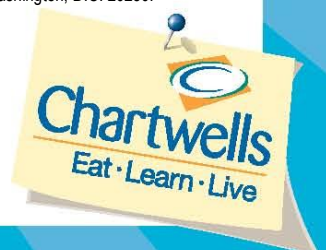
Balanced Choices is the Chartwells program designed to identify the "better-for-you" snack, beverage, and meal choices within the school dining environment, using a colorful icon. Balanced Choices offerings meet precise nutrient and portion standards that aim to reduce fat, saturated fat, cholesterol, and sodium, while ensuring that each selection makes a positive contribution of vitamins, minerals and fiber.

Menu Questions or Comments? Please contact Michelle Mercer at 973-292-2000 ext 2111

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.



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