




Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 1. Oven Baked Whole Grain Chicken Nuggets  Crisp Garden Salad Locally Grown Apple Chilled Pears	4 1. Baked Fish and Chips  Italian Pasta Salad Fresh Banana Chilled Mandarin Oranges	5 1. Meatball Sub on Whole Grain Bun  Oven Baked Fries Fresh Pear Chilled Fruit Cocktail	6 1. Uncle Tony's Cheese Pizza  Fresh Cucumber Slices Mixed Fresh Whole Fruit Chilled Peaches
<i>Weekly Alternate Meals:</i>	2. <i>Fresh Veggie &amp; Hummus Fun Lunch with Cheese Stick</i>		3. <i>Ham Sandwich</i>	
9 1. Mini Maple Burst Whole Grain Pancakes & Eggs  Hash Brown Potato Applesauce Fresh Orange Wedges	10 1. Fresh Baked Pizza Dippers with Marinara Sauce  Crisp Garden Salad Fresh Apple Chilled Peaches	11 1. Chicken Sandwich on a Whole Grain Bun  BBQ Baked Beans Fresh Banana Chilled Peaches	12 1. Pasta and Meat Sauce With Marinara  Crisp Garden Salad Fresh Pear Chilled Fruit Cocktail	13 1. Uncle Tony's Cheese Pizza  Caesar Salad Mixed Whole Fruit Chilled fruit
<i>Weekly Alternate Meals:</i>	2. <i>Bagel &amp; Cheese Fun Lunch</i>		3. <i>Turkey Ranch Wrap</i>	
16 <b>Martin Luther King Jr. Day</b>	17 1. Homemade Macaroni & Cheese  Crisp Garden Salad Fresh Pear Chilled Fruit Cocktail	18 1. Oven Baked Whole Grain Chicken Nuggets  Catalina Veggie Pasta Salad Fresh Orange Wedges Chilled Pineapple Tidbits	19 1. Nacho Fiesta Plate with Salsa, Lettuce and Cheese  Corn Niblets Fresh Banana Chilled Peaches	20 1. Uncle Tony's Cheese Pizza  Fresh Baby Carrots Fresh Whole Fruit Chilled Fruit
<i>Weekly Alternate Meals:</i>	2. <i>Yogurt Fun Lunch with Giant Graham Cracker &amp; Cheese Stick</i>		3. <i>Chicken Caesar Salad Plate with Breadstick</i>	
23 1. Hot Dog on a Whole Grain Bun  BBQ Baked Beans Cinnamon Apple Slices Fresh Orange Wedges	24 1. Oven Baked Whole Grain Chicken Nuggets  Fresh Veggie Sticks & Dip Fresh Banana Chilled Pears	25 1. Homemade Chicken & Cheese Florentine Calzone  Corn Niblets Fresh Orange Wedges Chilled Pineapple Tidbits	26 1. Cowboy Chili Fries  Dinner Roll Fresh Pear Chilled Peaches Frozen Yogurt Cup	27 1. Uncle Tony's Pepperoni Pizza  Crisp Garden Salad Fresh Whole Fruit Chilled Fruit
<i>Weekly Alternate Meals:</i>	2. <i>Cheesy Pretzel Fun Lunch</i>		3. <i>Buffalo Chicken Bite Salad served with Giant Graham Cracker</i>	
30 1. Baked Popcorn Chicken Bites  Steamed Carrot Coins Fresh whole Fruit Applesauce	31 1. Homemade Shepherd's Pie  Whole Grain Dinner Roll Fresh Pear Chilled peaches			
<i>Weekly Alternate Meals:</i>	2. <i>Cereal &amp; Yogurt Crunch Lunch</i>		3. <i>Turkey &amp; Cheese on a Bagel</i>	

Menu Subject to Change  All grain items are made with whole grains  
**All meals are served with milk** (1% low fat white, fat free white or fat free flavored)  
 Applications for free and reduced meals are available at your school  
 Any questions please call Melissa Read, **Director of Dining Services at 435-7814**

**Lunch Prices:** Full Paid: \$2.25 Reduced: \$.40 Milk \$.55 Adult: \$3.50

**Did you know?...**Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and choices at school.

Our new Guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as carrots, spinach, peaches, broccoli, and beans
- Provide more whole grain foods, such as brown rice and whole wheat
- Encourage lean proteins including vegetarian and plant based
- Reduce unhealthy fats, sodium, and sugar

