









Chartwells School Dining Services
January 2011
Elementary Lunch Menu- Lunch Price \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday					
3 Baked Breaded Chicken Nuggets* w/ Dinner roll Green beans mixed fruit Choice of Milk	4 Beef and cheese Burrito Steamed white rice Mexicali corn Cinnamon applesauce Milk Choice	5  Balanced Choices Meal: Turkey Hot Dog on a bun Vegetarian Baked Beans Apple Slices Milk	6  Balanced Choices Meal: Pasta & Italian Meatballs Roasted Zucchini Dinner roll Banana/milk choice	7 Tony's Smart Pizza Crispy Oven fries Fresh Orange Chilled Pears Choice of Milk					
10 Jr. Cheese Steak X-Ray vision Carrots Peach Cup Milk Choice	11 Chicken Fajita wrap Roasted Cauliflower Steamed white rice Mandarin Orange cup Milk choice	12 Sloppy Joe on a whole grain bun Oven fries Pineapple cup Milk choice	13 Breakfast for Lunch French toast sticks/syrup Potato wedges Turkey sausage links Fruit cup Milk choice	14  Balanced Choices Meal Tony's smart pizza Plain or pepperoni Chilled Cucumber Slices Chilled Pears Milk					
17 Martin Luther King's Birthday School Closed	18 Breaded Baked Chicken Patty Whole grain bun Seasoned Corn Pineapple Cup Choice of Milk	19 Boardwalk day Mini slider Mini beef hot dog Oven fries Fruited jello Milk choice	20 Meatball hero Green beans Chilled fruit cup Milk choice	21 Tony's Smart Pizza Crispy Oven fries Fresh Orange Chilled Pears Choice of Milk					
24 Grilled Chicken on whole wheat bun Mixed vegetables Chilled fruit cup Milk choice	25 Veggie Macaroni & cheese Green beans Whole wheat Dinner Roll Peach cup Milk choice	26 Turkey hero with lettuce Tomato soup Cucumber slices with ranch dip Mixed fruit cup Milk choice	27 Baked Breaded Chicken Nuggets/ whole grain dinner roll Oven fries Fresh fruit Choice of Milk	28  Balanced Choices Meal: Cheese or Pepperoni Pizza* Fresh veggie with dip Chilled Pears Choice of Milk					
31  Balanced Choices Meal: Twin Tacos Mexican Beef, Shredded Cheese, Lettuce Salsa Steamed white rice Chilled Pineapples Choice of Milk		 Go to MyPyramid.gov for online personal wellness resources for you and your family	Sign up for Chartwells E-newsletter! Visit our website at www.eatlearnlive.com to learn more ...						
<p>Daily :Alternate Lunch Bagel Bag w/ Yogurt & Cheese Bagel w/ a yogurt cup and String Cheese, Low fat Cream Cheese Smuckers Peanut Butter & Jelly All Offered w/ Fresh Veggie of the Day, Fruit, and Milk Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 20%; vertical-align: top;"> <p><i>Mondays:</i> Turkey Ham & Cheese Hoagie w Lettuce Fresh Veggie Sticks Gold Fish Crackers Fruit Milk</p> </td> <td style="width: 20%; vertical-align: top;"> <p><i>Tuesdays:</i>  Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Graham Crackers*, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk</p> </td> <td style="width: 20%; vertical-align: top;"> <p><i>Wednesdays:</i> Grilled cheese on Whole wheat Carrot sticks Fruit cup Goldfish crackers, Milk</p> </td> <td style="width: 20%; vertical-align: top;"> <p><i>Thursdays:</i> Warm Cheese Burrito Veggie of the day Salsa Fruit / Milk</p> </td> <td style="width: 20%; vertical-align: top;"> <p><i>Fridays:</i> Turkey Chef Salad w/ lite Dressing Crackers Fresh Fruit &Vegetable, Milk</p> </td> </tr> </table>					<p><i>Mondays:</i> Turkey Ham & Cheese Hoagie w Lettuce Fresh Veggie Sticks Gold Fish Crackers Fruit Milk</p>	<p><i>Tuesdays:</i>  Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Graham Crackers*, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk</p>	<p><i>Wednesdays:</i> Grilled cheese on Whole wheat Carrot sticks Fruit cup Goldfish crackers, Milk</p>	<p><i>Thursdays:</i> Warm Cheese Burrito Veggie of the day Salsa Fruit / Milk</p>	<p><i>Fridays:</i> Turkey Chef Salad w/ lite Dressing Crackers Fresh Fruit &Vegetable, Milk</p>
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• *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.