






**Chartwells School Dining Se  
Elementary Lunch Men**

**January 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Hamburger on a Bun Tator tots Chilled Applesauce Low Fat Milk	Chicken Patty on an Enriched Bun Carrot Coins Chilled Apricots Low Fat milk	Brunch for Lunch French Toast Sticks with Pork Sausage Patty Green beans Apple Juice	Meatball Hoagie(Beef) Mixed Vegetables Chilled Peaches Choice of Low Fat Milk	Cheese Pizza Baby Carrots With Dressing Chilled Mixed Fruits Low Fat Milk
11	 12	 13	14	15
BBQ Beef Rib Sandwich Seasoned Corn Chilled Mixed Fruit Cup	Baked Chicken Nuggets Sweet Potato Fries Chilled Peach Cup Low Fat Milk	<b>Balance Choice Meal</b> Bosco Sticks(2)with sauce Seasoned Green beans Applesauce Choice of milk <small>Bosco stick is a fiber enriched breadstick with reduced fat cheese</small>	Hot Ham and Cheese on a Bagel Crispy Tater Tots Chilled Pears Low Fat Milk	V Wedge Pizza Baby Carrots with Dressing Fresh Apple Low Fat Milk
18	19	 20	21	22
<i>Dr. Martin Luther King Jr. Day School Closed</i>	Breaded Baked Chicken Potato wedge Dinner Roll Chilled Peach cup	Macaroni and Cheese Carrot Coins Italian Bread	Turkey Nachos with Cheese Rice & Beans Seasoned Corn Fresh Apple	V Stuffed Crust Pizza Baby Carrots with Dressing Chilled Mixed Fruit Low Fat Milk
25	26	27	 28	29
Turkey Hot Dog on a Bun Vegetarian Beans Chilled Pears Low Fat Milk	Chicken Sticks Dinner Roll Mashed Potatoes Peas Fresh Apple	Mini Cheese burger Sliders Oven Fries Chilled Mixed Fruit Low Fat Milk	Chicken & Cheese Quesadilla Steam White Rice Mixed Vegetables Applesauce Low Fat Milk	V French Bread Pizza Carrot and Celery Sticks with Dip Chilled Peaches Low Fat Milk
Elementary Lunch Price: \$2.75 Reduced Lunch Price: .40 Low Fat Milk .65 Low Fat Cookies .35 Bottled Water \$ .50 Fruit Slushy \$ 1.25 Hot pretzel .50	Balanced Choice Meals: no greater than 30% calories from fat, and no grater than 10% calories from saturated fat 			
<b>Daily Alternates</b>			<b>Sign up Chartwells</b>	
<b>Daily: Smuckers Peanut Butter and Jelly</b> <b>Bagel Yogurt Bag: Bagel, Yogurt, Cheese, Butter and Jelly</b> <b>Monday:</b> Tuna on Whole Wheat Bread /goldfish crackers <b>Tuesday:</b> Cereal Fun Lunch Reduced Sugar Cereal w/Yogurt <b>Wednesday:</b> Chicken Caesar Salad w/Dinner Roll <b>Thursday:</b> Turkey Bologna & Cheese on Whole Wheat <b>Friday:</b> Turkey Sandwich on Whole Wheat Bread All cold lunches are offered with Baby Carrots with Dressing, Fruit and Milk			E-newsletter! Visit our website at <a href="http://www.eatlearnlive.com">www.eatlearnlive.com</a> to learn more ...	

**Lunch Price \$2.75**

**For questions or concerns please contact Michelle Mercer Director of Dining Services  
@ 973-292-2000 ext2111**



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