









Chartwells School Dining Services
September 2010
Elementary Lunch Menu- Lunch Price \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Back Students & Faculty	 Go to MyPyramid.gov for online personal wellness resources for you and your family	1	2	3
6 No School Labor Day	7 Baked Breaded Chicken Nuggets* w/ Cornbread Seasoned Broccoli Fresh Fruit cup Choice of Milk	8  Balanced Choices Meal: Turkey Hot Dog on a bun Vegetarian Baked Beans Watermelon Cup Milk	9 Rosh Hashanah School Closed	10  Balanced Choices Meal Tony's smart pizza Plain or pepperoni Fresh Grape Tomatoes w/Dip Chilled Pears Milk
13 Breaded Baked Chicken Patty on a bun w/Lettuce & Tomato Baked Tater Tots Rosy Applesauce Choice of Milk	14 Toasted Cheese Sandwich Seasoned Mixed Vegetable Fresh Cucumber Slices Mixed Fruit Cup Choice of Milk	15 Hamburger Slyders(2) Oven Fries Fresh Peach/ Milk	16  Balanced Choices Meal: Pasta & Italian Meat Sauce Tossed House Salad w/ Lite Dressing/ Dinner roll Banana/milk choice	17 Tony's Smart Pizza Oven fries Fresh Orange Chilled Pears Choice of Milk
20 Junior Cheese steak Fresh Locally Grown Cucumbers & Dip Orange Smiles Choice of Milk	21 Nachos* w/ Mexican Beef, Cheese, Lettuce & Salsa/ Fresh Shredded Cheese Rice & Beans Chilled Pineapples Choice of Milk	22  Balanced Choices Meal: Macaroni & Cheese Roasted Zucchini Fruit Cup Milk	23 Meatball Hero Sauteed Italian Green beans Fresh Fruit Milk	24 Cheese or Pepperoni Pizza* Fresh Locally Grown Peach Chilled Pears Choice of Milk
27 Baked Breaded Chicken Nuggets* w/ Cornbread Seasoned Broccoli Fresh Local Apple Choice of Milk	28  Balanced Choices Meal: Pasta / Meatballs Italian Bread Fresh Tossed Salad Apple Juice Milk	29 French Toast Sticks w/ Turkey Sausage Links Hash Brown Chilled Mixed Fruit Choice of Milk	30 Cheeseburger on a Bun Oven Baked Fries Chilled Applesauce Choice of Milk	Sign up for Chartwells E-newsletter! Visit our website at www.eatlearnlive.com to learn more ...
Daily :Alternate Lunch				
Bagel Bag w/ Yogurt & Cheese Bagel w/ a yogurt cup and String Cheese, Low fat Cream Cheese				
Smuckers Peanut Butter & Jelly Offered w/ Fresh Veggie of the Day, Fruit, and Milk				
Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate				
<i>Mondays:</i> Tuna Wrap with Lettuce Fresh Veggie Sticks Gold Fish Crackers Fruit Milk	<i>Tuesdays:</i>  Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Graham Crackers*, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk	<i>Wednesdays:</i> Tuna Chef Salad w/ Dressing Dinner Roll Fresh Fruit &Vegetable, Milk	<i>Thursdays:</i> Warm Cheese Burrito Veggie of the day Salsa Fruit / Milk	<i>Fridays:</i> Turkey Chef Salad w/ lite Dressing Crackers Fresh Fruit &Vegetable, 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.