

Elementary Menu August 2017

Student Lunch \$2.50 Reduced Price \$.40

A full student lunch includes a choice of entrée supplying protein, grain, vegetable and fruit side dishes, and milk. Milk choices include skim white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Monday	Tuesday	Wednesday	Thursday	Friday
		2. A. WG Chicken Nuggets w/ Homemade Honey Mustard B. BBQ Cheddar Chicken Sandwich on WG Bun C. Turkey Ham & Turkey Chef Salad w/ 2 packets WG Crackers Garlic Mashed Potatoes	3. A. Homemade Chartwells Classic Cheese Pizza on WG Crust B. Beef Chili Dog on Whole Grain Bun with Shredded Cheese C. Nacho Fun Lunch Roasted Green Beans	4. A. WG Macaroni and Cheese B. Crispy Chicken Sandwich on WG Bun C. Turkey & Cheese Wrap Classic Baked Beans Sweet Potato Puffs
7. A. Toasty Cheese Sandwich on WG Bread w/ Tomato Soup B. Crispy Chicken Tenders with Whole Grain Herbed Breadstick C. Turkey & Cheese Wrap Balsamic Roasted Summer Squash	8. A. Beef Macho Nachos w/ Cilantro Lime Red Quinoa Rice B. Chicken Taco Supreme on WG Tortilla with Shredded Lettuce & Shredded Cheese C. Blueberry Parfait w/ WG Granola Mexican Style Refried Beans	9. A. Mashed Potato & Chicken Bowl w/ Chicken Gravy B. Oven Fried Chicken Leg w/ WG Dinner Roll C. Cereal Fun Lunch Fresh Cinnamon Glazed Carrots Seasoned Corn	10. A. Homemade Chartwells Classic Pepperoni Pizza on WG Crust B. The Perfect Sloppy Joe on WG Bun C. Turkey Ham & Turkey Chef Salad w/ 2 packets WG Crackers Fresh Steamed Broccoli Florets	11. A. Mini Turkey Corn Dogs B. WG Macaroni and Cheese C. Nachos Fun Lunch Herb Roasted Potatoes
14. A. Italian Meatball Sub on WG Hoagie B. Crispy Chicken Sandwich on WG Bun C. Nacho Fun Lunch Fresh Cinnamon Glazed Carrots Fresh Steamed Broccoli Florets	15. A. Chicken Taco Supreme on WG Tortilla w/ Shredded Lettuce and Shredded Cheese B. Boneless Chicken Wings w/ WG Dinner Roll and BBQ Dipping Sauce C. Turkey & Cheese Wrap Fresh Vegetable Medley	16. A. WG French Toast Sticks w/ Turkey Sausage Patties and Syrup B. Scrambled Eggs w/ Turkey Sausage Patties and WG Biscuit C. Blueberry Parfait w/ WG Granola Home Fried Potatoes	17. A. Homemade Chartwells Classic Cheese Pizza on WG Crust B. Baked Mozzarella Cheese Sticks w/ Marinara Dipping Sauce C. Cereal Fun Lunch Savory Green Beans	18. A. Oven Fried Chicken w/ WG Dinner Roll B. Classic American Cheeseburger on WG Bun C. Turkey Ham & Turkey Chef Salad w/ 2 packets WG Crackers Mashed Potatoes w/ Chicken Gravy Homemade Boston Baked Beans
21. A. Chicken Parmesan w/ WG Spaghetti B. Mini Turkey Corn Dogs C. Turkey Ham & Turkey Chef Salad w/ 2 packets WG Crackers Seasoned Peas	22. A. Beef Hot Dog on WG Bun B. Toasty Cheese Sandwich w/ Tomato Soup C. Nacho Fun Lunch Baked Crinkle Fries Homemade Boston Baked Beans	23. A. Classic American Cheese Burger on WG Bun B. The Perfect Sloppy Joe on WG Bun C. Turkey & Cheese Wrap Sweet Potato Fries	24. A. Homemade Chartwells Classic Pepperoni Pizza on WG Crust B. Chicken & Cheese Quesadilla on WG Tortilla C. Blueberry Parfait w/ WG Granola Steamed Golden Corn	25. A. WG Crispy Chicken Tenders B. BBQ Shredded Pork Sandwich on WG Bun C. Cereal Fun Lunch Roasted Carrot "Fries" Fresh Steamed Broccoli Florets
28. A. WG French Toast Sticks w/ Turkey Sausage Patties and Syrup B. WG Pancakes w/ Turkey Sausage Patties and Syrup C. Blueberry Parfait w/ WG Granola Home Fried Potatoes WG Peach Cobbler	29. A. Meatballs in Zesty Marinara w/ WG Spaghetti and Grated Parmesan Cheese B. Crispy Fish Sandwich with Cheese on WG Bun C. Cereal Fun Lunch Steamed Baby Carrots Fresh Steamed Broccoli Florets	30. A. WG Chicken Nuggets w/ Homemade Honey Mustard B. BBQ Cheddar Chicken Sandwich on WG Bun C. Turkey Ham & Turkey Chef Salad w/ 2 packets WG Crackers Garlic Mashed Potatoes	31. A. Homemade Chartwells Classic Cheese Pizza on WG Crust B. Beef Chili Dog on Whole Grain Bun with Shredded Cheese C. Nacho Fun Lunch Roasted Green Beans	
Alternate Lunches- Daily				
C. Vegetarian Salad (Romaine Lettuce, Diced Tomatoes, Sliced Cucumbers, and Shredded Cheese) w/ 2 packets WG Seasoned Crackers and WG Dinner Roll, Choice of Dressing, Fruit and Milk				

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