

ELEMENTARY LUNCH

MARCH is National Nutrition Month 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Hot Dog on a Bun Tater Tots Peas OR Salad Mandarin Oranges</p> <p><i>Mac and Cheese/ Roll</i></p>	<p>2</p> <p>Burrito / wheat roll Corn Whole Beans OR Salad Banana</p> <p><i>Enchilada Casserole/roll</i></p>	<p>3</p> <p>SPECIALTY Salisbury Steak Mashed Potatoes/gravy Green Beans OR Salad Cinnamon Applesauce <i>Creamy Chicken Pasta And Broccoli</i></p>	<p>4</p> <p>Cowboy BBQ/cornbread Carrot Sticks OR Salad Broccoli Fresh Fruit Mixed Cup</p> <p><i>Baked Potato/pretzel</i></p>	<p>5</p> <p>POSTERS DUE Sausage Pizza Spinach Peaches Cobbler</p> <p><i>Tuna Wrap</i></p>
<p>8</p> <p>Soft Taco / wheat roll Tater Tots Lettuce Banana</p> <p><i>Veal Parmesan / roll</i></p>	<p>9</p> <p>Grilled Chicken on Bun Scalloped Potatoes Mixed Veggies OR Salad Pineapple</p> <p><i>Meatloaf / Wheat Roll</i></p>	<p>10</p> <p>Cheeseburger on a Bun Oven Fries Baked Beans OR Salad Pears</p> <p><i>BBQ Franks/ wheat roll</i></p>	<p>11</p> <p>Ham & Cheese Rice w/ red peppers Black Beans w/ Corn OR Salad Peaches</p> <p><i>Beef Nachos/wheat roll</i></p>	<p>12</p> <p>NO SCHOOL!!</p>
<p>15</p> <p>HAVE</p>	<p>16</p> <p>A</p>	<p>17</p> <p>GREAT</p>	<p>18</p> <p>SPRING</p>	<p>19</p> <p>BREAK!!</p>
<p>22</p> <p>BREAKFAST for LUNCH Biscuits & Gravy Hashbrown Patty Orange Juice</p> <p><i>Pete's Pak Meal</i></p>	<p>23</p> <p>Taco Crunch / roll Refried Beans Corn Banana</p> <p><i>Beef Enchilada / roll</i></p>	<p>24</p> <p>Chicken Patty on Bun Oven Fries Green Beans OR Salad Pineapple</p> <p><i>Stir Fry / wehat roll</i></p>	<p>25</p> <p>Corn Dog Tater Tots Peas & Carrots OR Salad Orange / Brownie</p> <p><i>Sloppy Joe on a Bun</i></p>	<p>26</p> <p>Pepperoni Pizza Tossed Salad Mixed Vegetables Apple</p> <p><i>Cavatini/ herbed breadstickl</i></p>
<p>29</p> <p>Chicken Nuggets w/ roll Potato Wedges Tossed Salad Orange</p> <p><i>Cheesy Chicken Rice/roll</i></p>	<p>30</p> <p>Chili w/cinnamon roll Tater Tots Veggie Sticks OR Salad Pineapple</p> <p><i>Meatball Sandwich</i></p>	<p>31</p> <p>Chicken Fried Steak Mashed Potatoes/gravy Green Beans OR Salad Peaches</p> <p><i>Chicken & Noodles/roll</i></p>	<p><i>Nature created herbs and spices with a two- fold purpose to make our favorite foods taste great and promote health and wellness</i></p>	<p><i>One good reason to season foods with herbs and spices is because they can kick up the flavor in foods without adding salt, sugar, and extra fats.</i></p>

Alternate Meal - Available Daily

Monday - Pretzel Bites, Veggie Pasta
Chocolate Pudding

Tuesday - PB&J

Wednesday - Yogurt, Bagel, Cheese

Thursday - Turkey & Cheese Sandwich

Friday - Pizza Dunkers

Carrots Super Food for your Eyes

Chartwell is celebrating with
Savor the Flavor of Herbs and Spices
By preparing specialty items on the
menu using herbs and spices, taste
testings, hand-outs and planting seeds.

Prices

Student \$2.05
Reduced \$.40
Adult \$2.95

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