



Sudbury Elementary School February 2012

Student Full Meal Price \$2.50, Reduced Meal Price \$0.40, Adult Meal Price \$3.75
 All Meals Come with Fruit & Vegetable Side Dishes and Choice of Milk: 1% Plain White, Skim & Fat Free Chocolate
 * Grains Offered Are Whole Grains

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>--Food Focus Of the Month-- Low-Fat Yogurt <i>Low-fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth. Try plain yogurt low-fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream</i></p> | <p>DID YOU KNOW!! We offer Alternate # (3) Bagel, Yogurt, & String Cheese Meal Everyday!!</p> | <p>1 Chicken Fajita on a Flour Tortilla Tossed Garden Salad with Balsamic Vinaigrette Chewy Raisins</p> | <p>2 BBQ Pork Sandwich on a *Bun Corn on the Cob Romaine lettuce, and Tomato</p> | <p>3 Homemade Cheese *Pizza Citrus Bean Salad Petite Banana</p> |
| <p>Weekly Alternate: Weekly Alternate: (1) Sun Butter & Jelly Fun Lunch (may contain soy) (2) Chicken Caesar with Cheese & w/ Whole Wheat Dinner Roll; (3) Bagel, Yogurt, and String Cheese Meal Additional Fruit and Veggie Selections Served Everyday</p> | | | | |
| <p>6 Beef and Bean Burrito Salsa Celery & Carrot Sticks with Low Fat Ranch Dressing Chilled Pear Cup</p> | <p>7 *Pancakes with Maple Syrup Breakfast Sausage Potato Wedges Pineapple Cup</p> | <p>8 Early Release No Lunch</p> | <p>9 Cheesy Bread Sticks with Marinara Dipping Sauce Tossed salad with Romaine and Spinach Cinnamon Apples Sauce</p> | <p>10 Homemade Cheese *Pizza Broccoli Trees with Low fat Ranch Dressing Orange Smiles</p> |
| <p>Weekly Alternate: Weekly Alternate: (1) Turkey & Cheese Sandwich on Whole Wheat; (2) Chicken Caesar with Cheese & w/ Whole Wheat Dinner Roll; (3) Bagel, Yogurt, and String Cheese Meal Additional Fruit and Veggie Selections Served Everyday</p> | | | | |
| <p>13 Baked *Pasta with Meat Sauce And Mozzarella Cheese Caesar Salad Garlic French Bread</p> | <p>14 Turkey *Tacos Black Beans Green leaf lettuce and Cheddar Cheese Plain yogurt and Salsa</p> | <p>15 *Chicken Tenders with BBQ Sauce Steamed *Rice with Vegetables Mixed Fruit with Kiwi</p> | <p>16 Cheese Burger or Veggie Burger on a *Bun Sweet Potato Fries Baked Beans</p> | <p>17 Homemade Cheese *Pizza Carrot Sticks with Low Fat Ranch Dressing Chilled Peaches</p> |
| <p>Weekly Alternate: Weekly Alternate: (1) Yogurt Cracker Stacker Fun Lunch; (2) Chicken Caesar with Cheese Served with a Whole Wheat Dinner Roll; (3) Bagel, Yogurt, and string cheese Meal Additional Fruit and Veggie Selections Served Everyday</p> | | | | |
| <p>20 February Break</p> | <p>21 February Break</p> | <p>22 February Break</p> | <p>23 February Break</p> | <p>24 February Break</p> |
| <p>Weekly Alternate:</p> | | | | |
| <p>27 Sweet and Sour *Chicken Dippers Asian Seasoned *Rice Mixed Vegetables</p> | <p>28 Hot Dog on a *Roll With Chili and Condiments Corn on the Cob Mandarin oranges</p> | <p>29 Toasted *Cheese Sandwich With Tomato Soup *Pasta Salad with Broccoli Garden Salad with Honey Mustard Dressing</p> | <p>www.mynutrikids.com Prepaying for lunch is the way to go! This will help you have more time to hang with your friends during lunch!</p> | |
| <p>Weekly Alternate: Weekly Alternate: (1) Pizza Dunks Fun Lunch; (2) Chicken Caesar Salad w/ Whole Wheat Dinner Roll; (3) Bagel, Yogurt, and String Cheese Meal Additional Fruit and Veggie Selections Served Everyday</p> | | | | |

Did you know... Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our new Guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans;
- Provide more whole grain foods, such as brown rice and whole wheat;
- Encourage lean proteins including vegetarian and plant based;
- Reduce unhealthy fats, sodium, and sugar;
- Include a la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters; and
- Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce.

Any Questions, Please Call:
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