



Wellesley Elementary School Lunch Menu September 2011 Student lunch \$3.10 Reduced price \$0.40

Questions or comments?
Please call Ken Wolfe, Food Service Director
at 781-446-6250 Ext. 4108

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.

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31 Early Dismissal No Lunch <u>DID YOU KNOW?</u> Skip the Chips at snack time and try celery with Peanut Butter!	1 Chicken Fajita On a Whole Wheat Tortilla Served with Salsa South West Corn & Black Bean Salad Chilled Mixed Fruit with Strawberries <u>Pizza Day!</u> Fiske & Schofield	2 Whole Grain French Toast Sticks Cheesy Scrambled Eggs Roma Herb Potato Wedges Orange Juice <u>Pizza Day!</u> Sprague
Weekly Alternate: (1) Honey Whole Grain Bagel & Yogurt Fun Lunch (Honey WG Bagel, Yogurt & Cheese); (2) Garden Salad with Cheese & w/ Whole Wheat Dinner Roll				
5 No School Labor Day Recess	6 BBQ Pork Sandwich On a Whole Grain Bun Whole Wheat Pasta Salad Fresh Carrot Sticks Watermelon Slice <u>Pizza Day!</u> Bates & Upham	7 Early Dismissal No Lunch <u>DID YOU KNOW?</u> Skip the Fries at meals and try Roasted Carrot Fries!	8 Yummy Veggie Mac & Cheese Romaine Salad with Balsamic Vinaigrette Garlic Whole Grain Dinner Roll Orange Smiles <u>Pizza Day!</u> Fiske & Schofield	9 Chicken Caesar Salad Fresh Romaine & Veggies topped with Breaded Chicken, Croutons, Parmesan Cheese Garlic Breadstick Chilled Pears <u>Pizza Day!</u> Sprague
Weekly Alternate: (1) Triple Dipper Fun Lunch (Sun Butter, Celery & Carrot Sticks with Graham Crackers); (2) Turkey Chef Salad w/ Whole Wheat Dinner Roll				
12 Beef & Bean Burrito On a Whole Wheat Tortilla Seasoned Carrots Blueberry Cobbler <u>Pizza Day!</u> Hardy & Hunnewell	13 Pancakes With Syrup Turkey Sausage Baked Potato Wedges Sliced Cantaloupe <u>Pizza Day!</u> Bates & Upham	14 Early Dismissal No Lunch <u>DID YOU KNOW?</u> To save calories, use applesauce in place of oil (1 to 1 ratio) when baking.	15 Chicken Sandwich On Whole Grain Bun Sweet Potato Fries Chilled Mixed Fruit with Kiwi <u>Pizza Day!</u> Fiske & Schofield	16 Cheesy Red Pasta Warm Garlic Bread Seasoned Mixed Veggie Crisp Apple <u>Pizza Day!</u> Sprague
Weekly Alternate: (1) Toasted Pita Chips w/ Fresh Veggie Sticks & Hummus; (2) Chicken Caesar Salad w/ Whole Wheat Dinner Roll				
19 Toasty Meatball & Cheese Sub On a Whole Grain Roll Garlic Green Beans Sweet & Chewy Raisins <u>Pizza Day!</u> Hardy & Hunnewell	20 Kickin' Buffalo Chicken Carrot & Celery Sticks w/ Ranch Dip Garlic Herb Biscuit Warm Peach Crisp <u>Pizza Day!</u> Bates & Upham	21 Early Dismissal No Lunch <u>DID YOU KNOW?</u> Strawberries are loaded with antioxidants to fight cancer!	22 Roasted Turkey with Gravy Mashed Sweet Potatoes & Seasoned Veggie Dinner Roll Tart Granny Smith Apple <u>Pizza Day!</u> Fiske & Schofield	23 Southwest Salad Fresh Romaine & Veggies topped with Beef & Bean Taco Meat Served with Tortilla Chips & Salsa Chewy Raisins <u>Pizza Day!</u> Sprague
Weekly Alternate: (1) Turkey & Cheese Salad on Wheat Bread; (2) Garden Salad with Cheese & w/ Whole Wheat Dinner Roll				
26 Baked Potato With Broccoli and Homemade Cheddar Cheese Sauce Whole Wheat Veggie Pasta Salad Chilled Mixed Fruit <u>Pizza Day!</u> Hardy & Hunnewell	27 Chicken Parmesan Over Whole Wheat Pasta Mixed Veggies Warm Cinnamon Apples <u>Pizza Day!</u> Bates & Upham	28 Early Dismissal No Lunch <u>DID YOU KNOW?</u> Steamed brown rice has more nutrients and fewer calories than fried rice.	29 Holiday No School	30 Macho Nachos Beef & Bean Taco Meat with Baked Tortilla Chips & Salsa Fiesta Brown Rice Chilled Pineapple <u>Pizza Day!</u> Sprague
Weekly Alternate: (1) Pizza Bagel Fun Lunch; (2) Chicken Caesar Salad w/ Whole Wheat Dinner Roll				



Go to MyPlate.gov for online personal wellness resources for you and your family.

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