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Chartwells Eat · Learn · Live

Education Center (K-8) Lunch Menu February 2012

*The cost of a paid student meal for students in grades K-5 is **$1.35,** for grades 6-8 meal cost is **$1.60. Per the Healthy Schools Act, there is no charge for reduced meals**. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim milk.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	This month's food focus is **brown rice**. In some parts of the world, "to eat" literally means "to eat rice."	1 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Chilled Peach Cup	2 All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll Roasted Garlic Lemon Broccoli Fresh Carrot Sticks w/ Light Dressing Fresh Orange Wedges	3 No School
6 No School	7 Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine & Homemade Tartar Sauce Seasoned Black Beans Roma Herb Baked Potato Wedges Chilled Pineapple Cup	8 All Natural Beef Meatball Marinara w/ Whole Wheat Spaghetti & Melted Mozzarella Cheese Seasoned Green Beans Crunchy Spinach Salad Locally Grown Apple	9 Homestyle Chicken & Biscuits, Served w/ Peas & Carrots in Chicken Gravy w/ a Whole Wheat Biscuit Roasted Butternut Squash Chilled Peach Cup	10 Fresh-Baked Homemade Cheese Pizza on Whole Wheat Crust Fresh Carrot Sticks w/ Light Ranch Dressing Roasted Cauliflower Fresh Orange Wedges
13 All-Natural Chicken Hot Dog on a Whole Wheat Bun Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Savory Baked Beans Fresh Pear	14 Homemade Cheese & Spinach Lasagna Whole Wheat Dinner Roll Garlic & Herb Vegetable Medley Locally Grown Apple	15 Teriyaki Chicken & Broccoli Stir-Fry Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy Chilled Peach Cup	16 Chicken & Spinach Florentine Whole Wheat Flatbread Roasted Sweet Potato Fries Chilled Green Bean Salad Chilled Pineapple Cup	17 Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Garlicky Kale Fresh Banana
20 President's Day	21 Charbroiled Beef & Cheddar Cheeseburger (or Plain Burger) on a Whole Wheat Roll Romaine, Tomato, Ketchup & Mustard for Sandwich Topping Savory Baked Beans Fresh Carrot Sticks w/ Light Ranch Dressing Chilled Pineapple Cup	22 Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Seasoned Green Beans Caesar Romaine Salad w/ Parmesan Cheese & Croutons Locally Grown Apple	23 Curry Chicken Brown Rice Pilaf Seasoned Green Beans Roasted Corn & Carrots Fresh Orange Wedges	24 Rotisserie Style Bone-In Chicken w/ Whole Wheat Biscuit Seasoned Stuffing Baked Local Sweet Potato Chilled Peach Cup
27 Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato, & Honey Mustard Sauce Roasted Corn & Carrots Savory Baked Beans Chilled Pineapple Cup	28 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Roma Herb Baked Potato Wedges Fresh Pear	29 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Locally Grown Apple	Brown rice is a good source of fiber and B vitamins. The complex carbohydrates in brown rice provide sustained energy for moving, thinking, and concentrating in school. **Challenge of the month**: Make one dinner each week using brown rice! **Hint:** Black Bean & Brown Rice Burritos are a start!	

Alternate Hot Sandwich Choices (for Grades 6-8)

Available Daily: Southwest Whole Wheat Cheese Quesadilla Served w/ Salsa & Daily Vegetables

Mondays:	*Tuesdays:*	*Wednesdays:*	*Thursdays:*	*Fridays:*
Southwest Turkey Burger w/ Cheddar Cheese & Ancho Chili Sauce on a Whole Wheat Bun w/ Romaine & Tomato	Spicy Buffalo Chicken Whole Wheat Wrap	Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce	Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine & Tomato	Charbroiled Beef & Cheddar Cheeseburger on a Whole Wheat Roll w/ Romaine & Tomato

Alternate Cold Menu Choices

Available Daily: Romaine & Tomato Garden Salad w/ Cheese & Light Salad Dressing, Whole Wheat Roll

Mondays:	*Tuesdays:*	*Wednesdays:*	*Thursdays:*	*Fridays:*
Turkey Ham & Cheddar Sandwich on Whole Wheat Bread w/ Carrot Sticks & Light Salad Dressing	Grilled Chicken Caesar Salad w/ Romaine Lettuce, Whole Wheat Dinner Roll, Light Salad Dressing	Grilled Chicken Rotini Pasta Salad w/ Broccoli, Tomatoes, Carrots, Onion, w/ Light Italian Dressing	Turkey & Provolone Cheese Sandwich on a Whole Wheat Hoagie Roll w/ Cucumber Slices & Light Salad Dressing	Cobb Salad w/ Diced Turkey Ham, Hard Boiled Egg, Cheddar Cheese, Fresh Veggies, Whole Wheat Dinner Roll, Light Salad Dressing