

## Indian Plains School Menu for Week of March 5th - 9th, 2012

Station	Monday 3/5	Tuesday 3/6	Wednesday 3/7	Thursday 3/8	Friday 3/9
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<b>SOUTHWEST CHICKEN BURRITO BOWL</b> <i>Today's Featured Selection</i>  Start with a Fresh Flour Tortilla  Add Chicken Fajita Meat or Refried Beans  Fiests Rice  Steamed Corn  Lettuce, Cheddar Cheese, and Salsa	<b>AMERICAN DINER BOWL</b> <i>Today's Featured Selection</i>  Cheesy Hot Dog or Chili Dog  Seasoned Broccoli  Potato Wedges	<b>SANDWICH DAY</b> <i>Today's Featured Selection</i>  Chicken Patty Sandwich  Vegetable Pasta Salad  Sweet Potato Oven Fries	<b>ITALIAN PASTA BOWL</b> <i>Today's Featured Selection</i>   <b>*Baked Pasta w/Cheese</b>  <b>*Green Beans</b>  <b>*Tossed Salad w/Romaine</b>  Toasted Flatbread	<b>AMERICAN DINER BOWL</b> <i>Today's Featured Selection</i>   <b>*Oven Baked BBQ Chicken</b>  <b>*Cheesy Macaroni</b> (Can be an entrée or side)  <b>*Seasoned Carrots</b>  <b>*Fresh Baked Biscuit</b>
	 <p>Cheese Pizza  Choice of Fruit and Milk</p>	Brooklyn Pepperoni Flatbread  Choice of Fruit and Milk	Mac & Cheese Pizza  Choice of Fruit and Milk	Meat Lover's Pizza  Choice of Fruit and Milk	Three Cheese Calzone  Choice of Fruit and Milk
	Little Italy Wrap  Choice of Fruit and Milk	 <b>*Tuna Salad Wrap</b>  Choice of Fruit and Milk	 <b>*Turkey Club Bagel</b>  Choice of Fruit and Milk	Cobb Salad  Choice of Fruit and Milk	Santa Fe Wrap w/Turkey & Cheddar  Choice of Fruit and Milk
 <p>Cold Side Items</p>	 Fresh Apple  Tossed Salad w/Romaine	<b>*Fresh Orange Wedges</b>  Cole Slaw	<b>*Applesauce</b>  Vegetable Pasta Salad	<b>*Diced Pears</b>  Tossed Salad w/Romaine	<b>*Mixed Fruit</b>  Celery Sticks



**Lunch Prices:** Paid Lunch Meal: \$2.40    Reduced Lunch Meal: \$ .40  
 Adult Lunch Meal \$ 2.85    White Milk 1/2 Pint \$ .40    Flavored Milk 1/2 Pint \$ .50  
 Skim White Milk, 1% White Milk, and Skim Chocolate Milk are offered as a side with all meals

**FIND MENUS POSTED AT: [www.chartwellsschool dining.com/ipsd204/content/menus.asp](http://www.chartwellsschool dining.com/ipsd204/content/menus.asp)**



**What is included in a Lunch Meal? You MUST choose 1 entrée and MUST choose at least 1 side and CAN choose up to 3 sides for the same \$2.40 lunch price.**

Celebrate **NATIONAL NUTRITION MONTH** with one of our **NEW Simply Good SALAD BOWLS**-  
 Choose a Salad Bowl & make half of your plate fruits & vegetables. Then add a serving of whole grain & lean protein.  
 Enjoy with ice cold milk for a Complete **MyPlate Meal!**









\*Balanced Choices Meals are meal combinations that meet Chartwells precise nutrition standards that endorse healthy eating guidelines for students. **\*Balanced Choices Meal components are bolded on the menu.**



**Menu item is made with fresh, locally grown produce.**

## Indian Plains School Menu for Week of March 12th - 16th, 2012

Station	Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>ITALIAN PAST BOWL</b> <i>Today's Featured Selection</i> Fresh Italian Pasta Cheese Sauce OR Italian Meat Sauce Seasoned Green Beans Tossed Salad w/Romaine Toasted Garlic Bread	<b>MOM'S MASHED POTATO BOWL</b> <i>Today's Featured Selection</i> A Scoop of Mashed Potatoes Fresh Sliced Roast Turkey Herbed Gravy Seasoned Peas Whole Grain Roll	<b>TEX MEX BOWL</b> <i>Today's Featured Selection</i> Start with a Fresh Flour Tortilla Add Chicken Fajita Meat or Refried Beans Cilantro Lime Rice Steamed Corn Lettuce, Cheddar Cheese, and Salsa	<b>AMERICAN DINER BOWL</b> <i>Today's Featured Selection</i> Baked Chicken Nuggets Cheesy Macaroni (Can be an entrée or side) Baked Beans Fresh Baked Biscuit	<b>SANDWICH DAY</b> <i>Today's Featured Selection</i> Chicken Patty Sandwich Vegetable Blend Oven Fries
	Supreme Pizza Choice of Fruit and Milk	Italian Sausage Pizza Choice of Fruit and Milk	Bosco Sticks w/Marinara Choice of Fruit and Milk	Pepperoni Calzone Choice of Fruit and Milk	Vegetarian Margherita Flatbread w/Tomatoes Choice of Fruit and Milk
	Italian Chicken & Cheese Wrap Choice of Fruit and Milk	Chicken Caesar Salad Choice of Fruit and Milk	Veggie Lover's Wrap Choice of Fruit and Milk	Turkey BLT Wrap Choice of Fruit and Milk	Tuna Salad Wrap Choice of Fruit and Milk
 Cold Side Items	 Fresh Apple  Tossed Salad w/Romaine	Applesauce Celery Sticks	Mixed Fruit Fresh Cauliflower	Chilled Cinnamon Apple Slices Baby Carrots	Diced Peaches Tossed Salad w/Romaine



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 Choose a Salad Bowl & make half of your plate fruits & vegetables. Then add a serving of whole grain & lean protein.  
 Enjoy with ice cold milk for a Complete **MyPlate Meal!**







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In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

## Indian Plains School Menu for Week of March 19th - 23rd, 2012

Station	Monday 3/19	Tuesday 3/20	Wednesday 3/21	Thursday 3/22	Friday 3/23
  Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>AMERICAN DINER BOWL</b> <i>Today's Featured Selection</i>  Oven Baked Chicken  Cheesy Macaroni (Can be an entrée or side)  Baked Beans  Fresh Baked Biscuit	<b>No School</b>  <b>School Improvement Planning Day</b>	<b>ENCHILADA BOWL</b> <i>Today's Featured Selection</i> Chicken, Cheese, & Red Bean Enchiladas or Cheese Enchiladas  Red Beans & Rice  Steamed Corn  Cheddar Cheese & Salsa	<b>SANDWICH DAY</b> <i>Today's Featured Selection</i>  Cheeseburger on Bun  Vegetable Pasta Salad  Oven Fries	<b>Half Day of School</b>  <b>No Lunch Served</b>
	Cheese Calzone  Choice of Fruit and Milk		Ham & Cheese Flatbread  Choice of Fruit and Milk	Spinach Ricotta Pizza  Choice of Fruit and Milk	
	Tuna Salad Wrap  Choice of Fruit and Milk		Turkey Club Bagel  Choice of Fruit and Milk	Toasted Pita Chips w/Fresh Vegetable & Hummus  Choice of Fruit and Milk	
  Cold Side Items	Diced Peaches  Tossed Salad w/Romaine		Fresh Fruit  Vegetable Salad	Chilled Fruit  Vegetable Pasta Salad	



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## SPRING BREAK WEEK - MARCH 26TH - 30TH

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## Indian Plains School Menu for Week of April 2nd - 6th, 2012

Station	Monday 4/2	Tuesday 4/3	Wednesday 4/4	Thursday 4/5	Friday 4/6
  Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>MOM'S MASHED POTATO BOWL</b> <i>Today's Featured Selection</i>  A Scoop of Mashed Potatoes  Popcorn Chicken  Baked Beans  Chicken Gravy  Whole Grain Roll	<b>BREAKFAST BOWL</b> <i>Today's Featured Selection</i>  Cinnamon French Toast Sticks  Sausage Patty  Tator Tots  Fresh Orange Wedges  Warm Syrup	<b>TACO BOWL</b> <i>Today's Featured Selection</i>  Flour Tortillas OR Hard Corn Taco Shells  Spicy Taco Meat or Refried Bean  Fiesta Rice  Steamed Corn  Lettuce, Cheddar Cheese, and Salsa	<b>ITALIAN PASTA BOWL</b> <i>Today's Featured Selection</i>  <b>*Fresh Italian Pasta</b>  <b>*Italian Meatsauce OR Alfredo Sauce</b>  <b>*Seasoned Carrots</b>  Tossed Salad w/Romaine  <b>*Whole Grain Roll</b>	No School Today
	Red Hot Chicken Pizza  Choice of Fruit and Milk	Hawaiian Pizza  Choice of Fruit and Milk	Personal Pepperoni Pizza  Choice of Fruit and Milk	Taco Pizza  Choice of Fruit and Milk	
	Ham & Cheese Sub Sandwich  Choice of Fruit and Milk	Tuna Salad Wrap  Choice of Fruit and Milk	<b>*Chicken Caesar Wrap</b>  Choice of Fruit and Milk	Monterey Ranch Chicken Salad  Choice of Fruit and Milk	
  Cold Side Items	Mixed Fruit  Homemade Cole Slaw	Fresh Orange Wedges  <b>Chickpea Salad</b>	<b>*Applesauce</b>  <b>*Vegetable Pasta Salad</b>	<b>*Diced Pears</b>  Tossed Salad w/Romaine	



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**GARBANZO BEANS - Also known as chickpeas, garbanzo beans have a delicious nutlike taste and buttery texture. They are a good source of protein and iron, and an excellent source of fiber.**



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