



## Wellesley Elementary School Lunch Menu January 2012 Student lunch \$3.10 Reduced price \$0.40

Questions or comments?  
781-446-6250

Please call Keri DuBois-Gould, DTR, Food Service Director Ext. 4108  
Or  
Raquel Vazquez, Assistant Food Service Director Ext. 4107

**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
2 Year-end Vacation	3 Fresh Baked Personal Pizza Mixed Vegetables Red Apple	4 Early Dismissal No Lunch <b>Did you know that Rice is grown on every continent except Antarctica</b>	5 <u>Brunch For Lunch</u> Whole Grain Pancakes w/ Maple Syrup Scrambled Eggs 100% Juice Shape Up Treat Raisins	6 Creamy Macaroni & Cheese Green Beans & Carrots Whole Grain Pretzel Chilled Peaches
Weekly Alternate Lunch: New! Sunkist Apple Slices w/ Sun Butter, Physedibles Vanilla Fishy Grahams & Assorted Fruit				
9 Fresh Baked Personal Pizza Carrot Coins California Raisins	10 New Item! Teriyaki Chicken Dippers Brown Veggie Rice Fortune Cookie Broccoli Trees w/ Ranch Dip Pineapple Chunks	11 Early Dismissal No Lunch <b>Did you know that Rice helps feed two-thirds of the world's population.</b>	12 Hamburger on a Whole Grain Bun BBQ Baked Beans Mustard & Ketchup Packets Apple Sauce	13 Barilla Penne Pasta w/ Meatballs & Chunky Sauce Whole Grain Breadstick Mixed Fruit
Weekly Alternate Lunch: New! Ultimate Whole Grain Cinnamon Round, Yogurt & Cheese Stick, Raisins & Hand Fruit				
16 Holiday No School	17 Fresh Baked Personal Pizza Mixed Vegetables Chilled Peaches	18 Early Dismissal No Lunch <b>Cooking Tip: Mix brown and white rice together to introduce whole grains to kids.</b>	19 New Item! <u>Brunch For Lunch</u> Waffles w/ Syrup Turkey Sausage Links Warm Cinnamon Apple Slices 100% Fruit Juice	20 New Item! Chicken Pizza Quesadilla Sweet Green Peas Sunkist Orange
Weekly Alternate Lunch: New! Cubed Cheese (2oz) with Stacey's Plain Pita Chips, Baby Carrot Sticks & Assorted Fruit				
23 Fresh Baked Cheese Pizza Fresh Baby Carrots Ranch Dressing Packet Mixed Fruit Cup	24 New Item! Baked Fish Sticks Oven Baked French Fries Green Beans Tartar Sauce Raisins	25 Early Dismissal No Lunch <b>Did you know that Rice has been feeding mankind for more than 5,000 years.</b>	26 <u>Brunch For Lunch</u> Pancakes w/ Maple Syrup Turkey Sausage Link Oven Baked Potato Puffs/Ketchup 100% Orange Juice	27 Chicken Nuggets with Creamy Whipped Potatoes Fresh Baby Carrots Ranch Dressing Packet Dinner Roll Granny Smith Apple
Weekly Alternate Lunch: New! Ultimate Whole Grain Cinnamon Round, Yogurt & Cheese Stick, Raisins, Assorted Fruit				
30 Grilled Chicken on a Whole Grain Bun BBQ Sauce or Buffalo Sauce Warm Cinnamon Apple Slices Fresh Orange	31 Fresh Baked Cheese Pizza Baby Carrots Ranch Dressing Packet Fresh Apple	1 Early Dismissal No Lunch	<b>Food Focus - Brown Rice</b> In some parts of the world, the word "to eat" literally means "to eat rice." Eat whole grain brown rice for a good source of fiber and B vitamins and lots of complex carbohydrates you need for sustainable energy.	
Weekly Alternate Lunch: New! Sunkist Apple Slices w/ Sun Butter, Physedibles Vanilla Fishy Grahams & Assorted Fruit				



Go to [MyPlate.gov](http://MyPlate.gov) for online personal wellness resources for you and your family.

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

**\*\* Now accepting applications for Part Time - Food Service Workers- Day Time Schedule  
No Weekends- No Holidays – No Nights. Call 781-446-6250 x4108 or 4107 to schedule an appointment.**