



## Chartwells School Dining Services St Elizabeth October 3 – November 4, 2011 Lunch Price \$2.60

Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast Sticks w/ Scrambled Eggs Crispy Tater Tots Chilled Mixed Fruit Choice of Milk	4 <b>Balanced Choices Meal:</b> Chicken Fajita w/ Salsa Seasoned Corn Fresh Apple Choice of Milk	5 <b>Balanced Choices Meal:</b> Pasta & Italian Meat Sauce Seasoned Green Beans Chilled Pineapples Choice of Milk	6 Baked Breaded Chicken Nuggets* w/ Biscuit Mashed Potatoes w/ Gravy Orange Wedges Choice of Milk	7 Pepperoni Pizza* Fresh Cucumber Slices w/ Ranch Dip Chilled Applesauce Choice of Milk
10 <b>Columbus Day Pizza Lunch!!</b>	11 Baked Breaded Chicken Nuggets* w/ Dinner Roll Seasoned Corn Chilled Pears Choice of Milk	12 <b>Balanced Choices Meal:</b> Pasta & Italian Meat Sauce Tossed Salad w/ Vinegar & Oil Dressing Banana Choice of Milk	13 Mini Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk	14 Cheese Pizza* Seasoned Peas Chilled Mixed Fruit Choice of Milk
17 Hot Ham & Cheese on a Whole Grain Bun Crispy Tater Tots Chilled Pears Choice of Milk	18 <b>Balanced Choices Meal:</b> Taco Salad w/ Tortilla Shell Rounds* Rice & Beans Chilled Peaches Choice of Milk	19 Baked Breaded Fish Sandwich Cheesy Macaroni Seasoned Carrots Fresh Apple Choice of Milk	20 Mini Corn Dogs* w/ Breadstick Seasoned Mixed Vegetables Orange Smiles Choice of Milk	21 Pepperoni Pizza* Fresh Zucchini Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk
24 Baked Breaded Chicken Tenders* w/ Cornbread Seasoned Broccoli Chilled Peaches Choice of Milk	25 Toasted Cheese Sandwich w/ Dinosaur Pasta Fresh Baby Carrots Banana Choice of Milk	26 <b>Balanced Choices Meal:</b> Beef Ravioli & Meat Sauce w/ Wheat Bread* Seasoned Green Beans Fruit Crisp Choice of Milk	27 Warm Crispy Chicken* Ranch Salad w/ Croutons & Dinner Roll Orange Wedges Choice of Milk	28 Cheese Pizza* Tossed Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
31 Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fresh Apple, and Milk	1 Nachos* w/ Spicy Meat, Cheese, Lettuce & Salsa Made w/ Fresh Tomatoes Rice & Beans Chilled Pineapples Choice of Milk	2 <b>Balanced Choices Meal:</b> Turkey Hot Dog on a Bun w/ Oven Baked Fries Seasoned Peas & Carrots Chilled Applesauce Choice of Milk  <small>Alternate Vegetable: Fresh Cut Local Bell Peppers w/ Homemade Ranch Dip</small>	3 Sloppy Joe on a Bun Fresh Creamy Coleslaw Orange Smiles Choice of Milk	4 Pepperoni Pizza* Corn Chilled Pears Choice of Milk
<b>Alternate Lunches</b>				
Daily: Vegetarian Salad* Offered w/ Fresh Baby Carrots, Fresh apple, and Milk				
<b>Mondays:</b> Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fresh Apple, and Milk	<b>Tuesdays:</b> Cheeseburger on Bun Fresh Watermelon Cucumber Slices Milk	<b>Wednesdays:</b> Cereal Fun Lunch: Frosted Mini Wheats Cereal* w/ Hard Boiled Egg, 100% Fruit Juice, Green Pepper Strips and Milk	<b>Thursdays:</b> <b>Balanced Choices Meal:</b> Junior Ham & Cheese Sub w/ celery sticks, Fresh Cut Oranges, and Milk	<b>Fridays:</b> Soft Shell Taco's w/ Shredded Cheddar, Romaine lettuce, Salsa, Fresh Banana, and Milk

\*This menu item is made with whole grain.

Daily Milk Choices Include: Skim White, Fat Free White, Fat Free Chocolate

**Menu Questions or Comments? Please contact Food Service Tina Malzahn or Robin Geesey 989-460-2386 Ext2225**

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