

**Chartwells School Dining Services**  
**St Elizabeth School**  
**November 1 – December 2, 2011**  
**Lunch Price \$2.60**

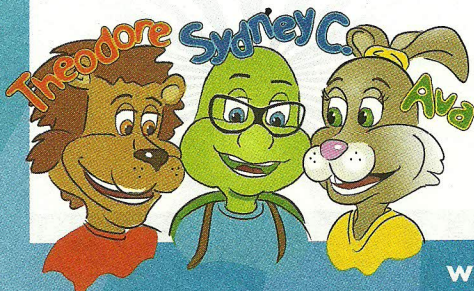
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Nachos* w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Pineapples Choice of Milk	2 <b>Balanced Choices Meal:</b> Turkey Hot Dog on a Bun w/ Oven Potato Smiles Seasoned Peas & Carrots Chilled Applesauce Choice of Milk	3 Sloppy Joe on a Bun Baked Beans Tossed Salad Orange Smiles Choice of Milk	4 Cheese Pizza* Seasoned Peas Chilled Mandarin Oranges Choice of Milk
7 French Toast Sticks w/ Sausage links Romaine Salad Chilled Mixed Fruit Choice of Milk	8 Chicken Taco w/ Salsa Seasoned Corn Fresh Apple Choice of Milk	9 <b>Balanced Choices Meal:</b> Pasta & Italian Meat Sauce Seasoned Green Beans Chilled Pineapples Choice of Milk	10 Baked Breaded Chicken Nuggets* w/ Biscuit Mashed Potatoes w/ Gravy Orange Wedges Choice of Milk	11 Pepperoni Pizza* Fresh Cucumber Slices w/ Ranch Dip Chilled Applesauce Choice of Milk
14 Meatballs Buttered Noodles Green Beans Chilled Peaches Choice of Milk	15 Popcorn Chicken Seasoned Rice Seasoned Carrots Chilled Pears Choice of Milk	16 Goulash Tossed Salad w/ Vinegar & Oil Dressing Banana/Garlic Toast Choice of Milk	17 Cheesy Macaroni w/Diced Ham Watermelon Slice/Roll Choice of Milk	18 Cheese Pizza* Seasoned Peas Chilled Mixed Fruit Choice of Milk
21 Hot Ham & Cheese on a Whole Grain Bun Crispy Tater Tots Chilled Pears Choice of Milk	22 Beef Taco Shredded Lettuce/cheese Refried Beans Chilled Peaches Choice of Milk	23 No School	24 No School	25 No School
28 Baked Breaded Chicken Tenders* w/ Cornbread Mashed Sweet Potatoes Chilled Applesauce Choice of Milk	29 Toasted Cheese Sandwich w/ Dinosaur Pasta Fresh Baby Carrots Banana Choice of Milk	30 <b>Balanced Choices Meal:</b> Beef Ravioli & Meat Sauce w/ Wheat Bread Stick* Seasoned Green Beans Tropical Fruit Choice of Milk	1 Warm Crispy Chicken* Ranch Salad w/ Croutons & Dinner Roll Orange Wedges Choice of Milk	2 Cheese Pizza* Tossed Salad w/ Vinegar & Oil Dressing Fresh Cantaloupe Choice of Milk
<u>Alternate Lunches</u>				
Daily: Vegetarian Salad* Offered w/ Fresh Baby Carrots, Fresh apple, and Milk				
<i>Mondays:</i> Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fresh Apple, and Milk	<i>Tuesdays:</i> Cheeseburger on Bun Fresh Grapes Cucumber Slices Milk	<i>Wednesdays:</i> Cereal Fun Lunch: Frosted Mini Wheats Cereal* w/ Hard Boiled Egg, 100% Fruit Juice, Green Pepper Strips and Milk	<i>Thursdays:</i> <b>Balanced Choices Meal:</b> Junior Ham & Cheese Sub w/ celery sticks, Fresh Cut Oranges, and Milk	<i>Fridays:</i> Soft Shell Taco's w/ Shredded Cheddar, Romaine lettuce, Salsa, Fresh Banana, and Milk

\*This menu item is made with whole grain.

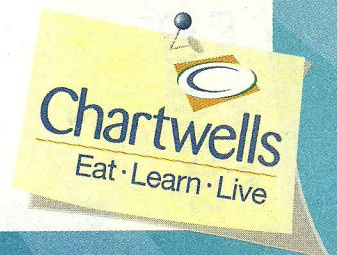
Daily Milk Choices Include: Skim White, Fat Free White, Fat Free Chocolate

**Menu Questions or Comments? Please contact Food Service Tina Malzahn or Robin Geesey 989-868-9864 ext 2225**

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