



Monday	Tuesday	Wednesday	Thursday	Friday
		1 1. French Toast Sticks, Eggs & Syrup Hash Brown Potatoes Fresh Orange Wedges Chilled Pears	2 1. Chicken & Gravy with Whole Grain Dinner Roll Mashed Potatoes Fresh Banana Chilled Mandarin Oranges	3 1. Uncle Tony's Cheese Pizza Penne & Bean Salad Fresh Whole Fruit Chilled Peaches
<i>Weekly Alternate Meals:</i>	2. Cereal & Yogurt Crunch Lunch	3. Turkey & Cheese on a Bagel		
6 1. Cheeseburger on a Whole Grain Bun BBQ Baked Beans Fresh Orange Wedges Cinnamon Apple Slices	7 1. Oven Baked Whole Grain Chicken Nuggets Crisp Garden Salad Locally Grown Apple Chilled Pears	8 1. Baked Fish and Chips Italian Pasta Salad Fresh Banana Chilled Mandarin Oranges	9 1. Meatball Sub on Whole Grain Bun Sweet Potato Fries Fresh Pear Chilled Fruit Cocktail	10 1. Uncle Tony's Cheese Pizza Fresh Cucumber Slices Mixed Fresh Whole Fruit Chilled Peaches
<i>Weekly Alternate Meals:</i>	2. Fresh Veggie & Hummus Fun Lunch with Cheese Stick	3. Ham Sandwich		
13 1. Mini Maple Burst Whole Grain Pancakes & Eggs Hash Brown Potato Applesauce Fresh Orange Wedges	14 1. Fresh Baked Pizza Dippers with Marinara Sauce Steamed Green Beans Fresh Apple Chilled Peaches Trix Valentine Treat	15 1. Pasta and Meat Sauce With Marinara Crisp Garden Salad Fresh Pear Chilled Fruit Cocktail	16 1. Chicken Sandwich on a Whole Grain Bun BBQ Baked Beans Fresh Banana Chilled Peaches	17 1. Uncle Tony's Cheese Pizza Caesar Salad Mixed Whole Fruit Chilled fruit
<i>Weekly Alternate Meals:</i>	2. Bagel & Cheese Fun Lunch	3. Turkey Ranch Wrap		
Winter Break February 20-24				
27 1. Hamburger or Cheeseburger Oven Baked Sweet Potato Fries Fresh Apple Chilled Pears	28 1. Homemade Macaroni & Cheese Fresh Baby Carrots Fresh Pear Chilled Fruit Cocktail	29 1. Oven Baked Whole Grain Chicken Nuggets Catalina Veggie Pasta Salad Fresh Orange Wedges Chilled Pineapple Tidbits	March 1 1. Nacho Fiesta Plate with Salsa, Lettuce and Cheese Corn Niblets Fresh Banana Chilled Peaches	March 2 1. Uncle Tony's Cheese Pizza Crisp Garden Salad Fresh Whole Fruit Chilled Fruit
<i>Weekly Alternate Meals:</i>	2. Yogurt Fun Lunch with Giant Graham Cracker & Cheese Stick	3. Chicken Caesar Salad Plate with Breadstick		

Menu Subject to Change 🐾 **All grain items are made with whole grains**
All meals are served with milk (1% low fat white, fat free white or fat free flavored)
 Applications for free and reduced meals are available at your school
 Any questions please call Steve Harrison, **Director of Dining Services at 253-1452**

Lunch Prices: Full Paid: \$2.75 Reduced: \$.40 Milk \$.55 Adult: \$3.50

Did you know?... Chartwell's new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and choices at school.

Our new Guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as carrots, 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

