





Chartwells School Dining Services
Clare Kindergarten Menu for December 7 – January 8 2010
Lunch Price \$1.60

Monday	Tuesday	Wednesday	Thursday	Friday
7 Pancakes* w/ Sausage Patty Crispy Tater Tots Chilled Mixed Fruit Choice of Milk	8 Hot Ham & Cheese Seasoned Carrots Banana Choice of Milk	9  Balanced Choices Meal: Reduced Fat Bosco Sticks w/ dipping Sauce Green Beans Fresh Fruit Choice of Milk	10 Hamburger Patty on a bun* Whole Kernel Corn Chilled Pears Choice of Milk	11 Cheese or Pepperoni Pizza* Seasoned Green Beans Chilled Mixed Fruit Choice of Milk
14 Baked Breaded Chicken Nuggets* Dinner Roll Potatoes & Gravy Apple Wedges Choice of Milk	15  Balanced Choices Meal: Goulash Garlic Toast* Whole Kernel Corn Fresh Fruit Choice of Milk	16 Baked Ham Dinner Dinner Roll Scalloped Potatoes Chilled Pineapple Choice of Milk Ice Cream	17 Hot Dog on a bun Seasoned Broccoli Chilled Peaches Choice of Milk	18 Cheese or Pepperoni Pizza* Mixed Vegetables Chilled Pineapples Choice of Milk
21 <i>No School</i> <i>Christmas Break</i>	22 <i>No School</i>	23 <i>No School</i>	24 <i>No School</i> <i>Christmas Break</i>	25 <i>Christmas</i> <i>Day</i>
28 <i>No School</i>	29 <i>No School</i>	30 <i>No School</i>	31 <i>No School</i>	January 1, 2010 <i>Happy New Year</i> <i>Holiday</i> <i>No School</i>
January 4  Balanced Choices Meal: Beef Ravioli w/ Meat Sauce Wheat Bread* Seasoned Broccoli Mixed Fruit Choice of Milk	5 Breaded Chicken Patty* Green Beans Peaches Choice of Milk	6 Fish Sticks Bread Stick Oven Fries, Cole Slaw Pineapple Choice of Milk	7 Italian Sub Sandwich Seasoned Carrots Mixed Fruit Choice of Milk	8 Cheese or Pepperoni Pizza* Seasoned Corn Apple Sauce Choice of Milk

 *This menu item is made with whole grain.

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry

Menu Questions or Comments? Please contact Leann Smith, 386-1258

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