

Chartwells School Dining Services
Clare Primary 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 Christmas Break</i>	22 <i>No School</i>	23 <i>No School</i>	24 <i>No School Christmas Break</i>	25 <i>Christmas 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 Holiday 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
<u>Alternate Lunches</u> Daily: Chef Salad, Mixed Salad Greens, Deli Meat Fresh Vegetables & Shredded Cheese				
Mondays: Balanced Choices Meal: Turkey Sub Sandwich, Smart Cookies, Vegetables Fruit, and Milk	Tuesdays: Cheese or Pepperoni Pizza, Offered W/Vegetables, Fruit and Milk	Wednesdays: Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheats Cereal* w/ Hard Boiled Egg, Fruit, 100% Fruit Juice, and Milk	Thursdays: Balanced Choices Meal: Taco w/ Soft Shell, Rice & Beans, Canned Fruit, and Milk	Fridays: Ham Roll Ups Offered W/Vegetables, Fruit and 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

The 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.



Go to MyPyramid.gov/ for online personal wellness resources for you and your family