











Chartwells School Dining Services
October 2010
Elementary Lunch Menu- Lunch Price \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday					
<p>Sign up for Chartwells E-newsletter! Visit our website at www.eatlearnlive.com to learn more ...</p>	 Go to MyPyramid.gov for online personal wellness resources for you and your family			1 Cheese or Pepperoni Pizza* Fresh apple Chilled Pears Choice of Milk					
4 Junior Cheese steak Oven Fries Orange Smiles Choice of Milk	5 Beef- a- Roni Tossed Salad Dinner Roll Fresh Apple	6  Balanced Choices Meal: Turkey Hot Dog on a bun Vegetarian Baked Beans Mixed Fruit Cup Milk	7 Baked Breaded Chicken Nuggets* w/ Cornbread Seasoned Broccoli Applesauce Choice of Milk	8  Balanced Choices Meal Tony's smart pizza Plain or pepperoni Fresh Grape Tomatoes w/Dip Chilled Pears Milk					
11 Breaded Baked Chicken Patty on a bun Broccoli & Cheese Sauce Pineapple Cup Choice of Milk	12 Cheeseburger on a Bun w/Lettuce & Tomato Tator Tots Chilled Pears Choice of Milk	13 French Toast Sticks w/ Turkey Sausage Links Hash Brown Chilled Mixed Fruit Choice of Milk	14  Balanced Choices Meal: Pasta & Italian Meatballs Tossed Salad w/ Lite Dressing/ Dinner roll Banana/milk choice	15 Tony's Smart Pizza Oven fries Fresh Orange Chilled Pears Choice of Milk					
18 Toasted Cheese Sandwich Seasoned Mixed Vegetable Tomato Soup Mixed Fruit Cup Choice of Milk	19  Balanced Choices Meal: Twin Tacos Mexican Beef, Shredded Cheese, Lettuce Salsa/ Rice & Beans Chilled Pineapples Choice of Milk	20  Balanced Choices Meal: Macaroni & Cheese Roasted Zucchini Dinner roll Fruit Cup Milk	21 Hot turkey Sandwich with gravy Mashed Potatoes Carrot Coins Applesauce Milk Choice	22 Cheese or Pepperoni Pizza* Fresh apple Chilled Pears Choice of Milk					
25 Meatball Hero Sauteed Italian Green beans Fresh Fruit Milk	26 Baked Breaded Chicken Nuggets* w/ Cornbread Seasoned Fresh Broccoli Fresh Local Apple Choice of Milk	27 Chicken & Cheese Quesadilla Salsa Rice & beans Fresh Tossed Salad	28  Balanced Choices Meal: Pasta / Meat Sauce Italian Bread Seasoned Broccoli 100 % Fruit Juice Milk	29 Tony's Smart Pizza Oven fries Fresh Orange Chilled Pears Choice of Milk					
Daily :Alternate Lunch Bagel Bag w/ Yogurt & Cheese Bagel w/ a yogurt cup and String Cheese, Low fat Cream Cheese Smuckers Peanut Butter & Jelly Offered w/ Fresh Veggie of the Day, Fruit, and Milk Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate <table style="width: 100%; border: none;"> <tr> <td style="width: 20%; vertical-align: top;"> Mondays: Tuna Wrap with Lettuce Fresh Veggie Sticks Gold Fish Crackers Fruit Milk </td> <td style="width: 20%; vertical-align: top;"> Tuesdays:  Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Graham Crackers*, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk </td> <td style="width: 20%; vertical-align: top;"> Wednesdays: Tuna Chef Salad w/ Dressing Dinner Roll Fresh Fruit &Vegetable, Milk </td> <td style="width: 20%; vertical-align: top;"> Thursdays: Warm Cheese Burrito Veggie of the day Salsa Fruit / Milk </td> <td style="width: 20%; vertical-align: top;"> Fridays: Turkey Chef Salad w/ lite Dressing Crackers Fresh Fruit &Vegetable, Milk </td> </tr> </table>					Mondays: Tuna Wrap with Lettuce Fresh Veggie Sticks Gold Fish Crackers Fruit Milk	Tuesdays:  Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Graham Crackers*, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk	Wednesdays: Tuna Chef Salad w/ Dressing Dinner Roll Fresh Fruit &Vegetable, Milk	Thursdays: Warm Cheese Burrito Veggie of the day Salsa Fruit / Milk	Fridays: Turkey Chef Salad w/ lite Dressing Crackers Fresh Fruit &Vegetable, Milk
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*This menu item is made with whole grain.

Balanced Choices is the Chartwells program designed to identify the "better-for-you" snack, beverage, and meal choices within the school dining environment, using a colorful icon. Balanced Choices offerings meet precise nutrient and portion standards that aim to reduce fat, saturated fat, cholesterol, and sodium, while ensuring that each selection makes a positive contribution of vitamins, minerals and fiber.

Menu Questions or Comments? Please contact Michelle Mercer at 973-292-2000 ext 2111

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.