

**Chartwells School Dining Services
Marcellus Community Schools
February 2012
Elementary Lunch Menu**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Lunch: \$1.80 Reduced: \$.40 Breakfast: \$1.00 Reduced: \$.30 | <i>Low-fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth. Try some at home as a tasty topping for tacos & potatoes, instead of fatty sour cream.</i> | 1 Yogurt Cup with a Bagel and PB Hash Brown Patty Banana Food Bar Choice of Milk | 2 <i>Pepperoni Pizza</i> Corn Fresh Apple Slices Food Bar Choice of Milk | 3 Breaded Chicken Patty <i>on a Bun</i> Carrots Peaches Food Bar Choice of Milk |
| 6 Cheeseburger <i>on a Bun</i> Steamed Broccoli Pears Food Bar Choice of Milk | 7 Scalloped Potatoes and Ham <i>Dinner Roll</i> Peas Fresh Orange Slices Food Bar Choice of Milk | 8 Bean Burrito Refried Beans Banana Food Bar Choice of Milk | 9 <i>Cheese Pizza</i> Steamed Carrots Peaches Food Bar Choice of Milk | 10 Foot Long Hot Dog Green Beans Locally Grown Apples Food Bar Choice of Milk |
| 13 Salisbury Steak Mash Potatoes <i>Dinner Roll</i> Fresh Carrots Locally Grown Apples Food Bar Choice of Milk | 14 BBQ Rib <i>on a Bun</i> Steamed Carrots Peaches Food Bar Choice of Milk | 15 Quesadilla Refried Beans Banana Food Bar Choice of Milk | 16 <i>Pepperoni Pizza</i> Steamed Broccoli Mixed Fruit Food Bar Choice of Milk | 17 No School |
| 20  No School | 21 Ham and Cheese <i>on a Bun</i> Steamed Broccoli Locally Grown Apples Food Bar Choice of Milk | 22 Walking Taco Refried Beans Banana Food Bar Choice of Milk | 23 <i>Cheese Pizza</i> Corn Fresh Orange Slices Food Bar Choice of Milk | 24 Bosco Sticks Carrots Pears Food Bar Choice of Milk |
| 27 <i>Fish Sticks</i> <i>Dinner Roll</i> Steamed Broccoli Chilled Pears Food Bar Choice of Milk | 28 Spaghetti with Meat Sauce <i>Dinner Roll</i> Seasoned Carrots Fresh Orange Slices Food Bar Choice of Milk | 29 Soft Shell Tacos Refried Beans Banana Food Bar Choice of Milk | Please keep your child's lunch account up to date. | |
| Alternate Lunches | | | | |
| Daily: * Peanut Butter & Jelly Sandwich Offered Choice of Vegetable, Fruit, and Milk | | | | |
| <i>Mondays:</i> Baked Breaded Chicken Nuggets Vegetable Fruit Food Bar Choice of Milk | <i>Tuesdays:</i> Mini Corn Dogs Vegetable Fruit Food Bar Choice of Milk | <i>Wednesdays:</i> Popcorn Chicken <i>Dinner Roll</i> Vegetable Fruit Food Bar Choice of Milk | <i>Thursdays:</i> Ravioli <i>Dinner Roll</i> Vegetable Fruit Food Bar Choice of Milk | <i>Fridays:</i> Sloppy Joe <i>on a Bun</i> Vegetable Fruit Food Bar Choice of Milk |

Italicized menu item is made or served with whole grain.

Fresh spinach & romaine on food bar daily along with variety of fresh and canned fruit, assorted grains and fresh vegetable.

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

Menu Questions or Comments? Please contact Amy Young, 869-3421

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.



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resources for you and your
family

Whole grain vegetarian entrée legumes fruit plant based protein