

**Chartwells School Dining Services  
Marcellus Community Schools  
September 2010  
Elementary Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch: \$1.75 Reduced: \$.40  Breakfast: \$1.00 Reduced: \$.30	Want more info, visit our website at: <a href="http://www.eatlearnlive.com">www.eatlearnlive.com</a> To sign up for Chartwells parents newsletter.	1 Free and Reduced forms are available anytime  Please Fill Them Out and Send them In!	2 <b>3 Lunch Choices Offered Daily</b>  <b>Hot Breakfast Offered Daily</b>	3 Start Each Day Off With a Balanced Breakfast Served Daily in the Cafeteria.
6  Labor Day  School Starts Tomorrow!!!	7  Hot Dog Green Beans Fresh Oranges Food Bar Choice of Milk	8 🍷 Baked Breaded Fish Sandwich Seasoned Carrots Fresh Local Apple Food Bar Choice of Milk	9  Quesadilla Refried Beans Corn Fruit Food Bar Choice of Milk	10  Cheese Pizza 🍷 Peas Pears Food Bar Choice of Milk
13 Scalloped Potatoes and Ham 🍷 Dinner Roll Green Beans Fresh Local Apple Food Bar Choice of Milk	14  Walking Taco Refried Beans Orange Wedges Food Bar Choice of Milk	15 Cheese Chicken & Rice 🍷 Dinner Roll Broccoli Fruit Food Bar Choice of Milk	16 Salisbury Steak Mash Potatoes 🍷 Dinner Roll Applesauce Food Bar Choice of Milk	17 Pepperoni Pizza 🍷 Corn Orange Wedges Food Bar Choice of Milk
20 Cheeseburger on a Bun Green Beans Fruit Food Bar Choice of Milk	21 Nachos* w/ Meat, Cheese Mexican Rice Mixed Fruit Food Bar Choice of Milk	22 Spaghetti and Meat Sauce Dinner Roll Peaches Steamed Carrots Fresh Local Apple Food Bar Choice of Milk	23 🍷 BBQ Rib Sandwich Seasoned Peas Orange Wedges Food Bar Choice of Milk	24 Cheese Pizza 🍷 Corn Pears Food Bar Choice of Milk
27 🍷 Beef Ravioli & Meat Sauce w/ Dinner Roll Seasoned Peas Banana Food Bar Choice of Milk	28 Corn Dog on a Stick Baked Beans Fresh Local Apple Food Bar Choice of Milk	29 Baked Ziti 🍷 Dinner Roll Green Beans Fruit Food Bar Choice of Milk	30 Broccoli & Cheese Baked Potato Fresh Banana Food Bar Choice of Milk	Food Bar Consists of the following: Fresh Lettuce Salad Fresh Assorted Fruits Fresh Assorted Vegetables Grain Options
<b><u>Alternate Lunches</u></b>				
<i>Mondays:</i> Wildcat Snack Pack (Go-Gurt, Ham, Cheese, Crackers), Baby Carrots, Food Bar Choice of Milk	<i>Tuesdays:</i> 🍷 Hamburger on a Bun Vegetable Fruit Food Bar Choice of Milk	<i>Wednesdays:</i> 🍷 Baked Breaded Chicken Nuggets 🍷 Dinner Roll Food Bar Choice of Milk	<i>Thursdays:</i> Macaroni & Cheese 🍷 Dinner Roll Vegetable Fruit Choice of Milk	<i>Fridays:</i> 🍷 Sloppy Joe on a Bun Vegetable Fruit Food Bar Choice of Milk
<i>Alternate Lunches</i>				
<b>Daily: * Peanut Butter &amp; Jelly Sandwich Offered Choice of Vegetable, Fruit, and Milk</b>				

🍷\*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 Diane Northrup, 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.



Go to [MyPyramid.gov](http://MyPyramid.gov) for online personal wellness resources for you and your family

