

Chartwells School Dining Services
Elementary Lunch Menu: Bush, Hughes & Verellen
May 3, 2009 – June 4th, 2010
Lunch Price \$1.50 Reduced \$0.40

Celebrate Michigan and/or out Of State companies that use ingredients from Michigan During Our Promotion Week of May 17th – 21st ! All Bread is purchased local, Aunt Millie's Bakery in Michigan.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| 3 Toasted Cheese Sandwich w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Banana Choice of Milk | 4 Mini Pancakes Sausage patties Hash Browns Choice of Milk | 5 Balanced Choices Meal: Beef Ravioli & Meat Sauce w/ Wheat Bread* Seasoned Green Beans Fruit Crisp Choice of Milk | 6 Warm Crispy Chicken* Ranch Salad w/ Croutons & Dinner Roll Orange Wedges Choice of Milk | 7 No School |
| 10 Mini Corn Dogs* w/ Breadstick Seasoned Mixed Vegetables Orange Smiles Choice of Milk | 11 Balanced Choices Meal: Baked Ziti Seasoned Green Beans Chilled Peaches Choice of Milk | 12 Cheesy Macaroni Dinner Roll Seasoned Carrots Fresh Apple Choice of Milk | 13 Baked Chicken Mashed Potatoes Chilled Pears Choice of Milk | 14 Pepperoni Pizza Fresh Cucumber Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk |
| 17 Breaded Chicken Nuggets* Pasta Salad made with fresh veggies Apple Slices from Petersons Farm Choice of Milk | 18 Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa Seedless Grapes from Petersons Farm Choice of Milk | 19 Cheeseburger on bun Sweet Potato Chips Rice Krispy Treat (Krispak, Inc.) Choice of Milk Fresh Carrot Sticks w/ Homemade Ranch Dip | 20 Balanced Choices Meal: Turkey Hot Dog on a Bun w/ Oven Baked Fries Chilled Applesauce Choice of Milk Fresh Cut Bell Peppers w/ Homemade Ranch Dip | 21 Pizza Stick Tossed Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk |
| 24 Spaghetti & Meat Sauce Garlic Toast Green Beans Fresh Fruit Choice of Milk | 25 Pop Corn Chicken Mashed w/gravy Watermelon Cubes Choice of Milk | 26 Balanced Choices Meal: Junior Ham & Cheese Sub w/ Animal Crackers, Fresh Cut Oranges, Apple Juice, and Milk | 27 Sloppy Joe on a Bun Baked Beans Strawberry Shortcake biscuit Choice of Milk | 28 Cheese Pizza* Chilled Pears Tossed Salad Choice of Milk |
| 31 No School | 1 French Toast Sticks w/ Scrambled Eggs Crispy Tater Tots Chilled Mixed Fruit Choice of Milk | 2 Taco w/ Spicy Meat, Cheese, Lettuce & Salsa Seedless Grapes from Petersons Farm Choice of Milk | 3 Hot Sausage & Cheese on a English Muffin Crispy Tater Tots Chilled Pears Choice of Milk | 4 Pepperoni Pizza Fresh Cucumber Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk |
| Alternate Lunches | | | | |
| Daily: Turkey & Cheese Sandwich* Offered w/ Fresh Baby Carrots, Fruit, and Milk | | | | |
| <i>Mondays:</i> Warm Pretzel w Cheese Sauce Vegetable of The Day Fruit & Milk | <i>Tuesdays:</i> Cold Pizza Dunk Fun Lunch (Bread sticks, Pizza Sauce & Shredded Cheese), Fruit, and Milk | <i>Wednesdays:</i> Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheat Cereal* w/ Hard Boiled Egg, Fruit, 100% Fruit Juice Punch, and Milk | <i>Thursdays:</i> Chicken* Patty on a Bun <i>Vegetable of the Day</i> Fresh Fruit & Milk | <i>Fridays:</i> Cold Nachos Fun Lunch: Crispy Tortilla Chips* w/ Cheese Sauce, Salsa, 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 Food Service Tina Malzahn or Peggy Putman, 989-460-2386

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.



Monthly Nutritional Analysis

| | Ave. | Target | Ave. | Target | Ave. | Target | |
|-------------|------|--------|-------------|--------|------|---------------|-------|
| Calories | 681 | 664 | Iron(mg) | 4.94 | 3.47 | Vit. C (mg) | 27.83 |
| Cholest(mg) | 58 | none | Carbs(G) | 96.89 | none | Protein (g) | 27.14 |
| Sodium(mg) | 1404 | 1300 | Calcium(mg) | 458 | 286 | T. Fat (gm) | 21.04 |
| Fiber(g) | 7.12 | none | Vit.A (IU) | 3838 | 1119 | Sat. Fat (gm) | 7.03 |
| | | | | | | | <10 |

