

Chartwells School Dining Services Intermediate School September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1st <i>Breakfast:</i> Turkey Club Bagel: <i>Balanced Choice Meal:</i> Chicken & Noodles Tossed Salad Wheat Bread Apple	2nd <i>Breakfast:</i> Blueberry Muffin: Baja Bean Nachos Spanish Rice Chilled Pineapple Graham Cracker	3rd No School Today
6th No School Today	7th <i>Breakfast:</i> French Toast Sticks w/ Syrup: <i>Balanced Choice Meal:</i> Cheesy Tomato Rotini Steamed Zucchini Carrot Sticks Applesauce	8th <i>Breakfast:</i> Pancake on a Stick w/ Syrup: <i>Balanced Choice Meal:</i> Bean & Cheese Burrito Lettuce & Tomato Mexican Corn Chilled Peaches	9th <i>Breakfast:</i> Apple Cheddar Bagel: Chicken Patty Mashed Potatoes & Gravy Wheat Roll Orange	10th <i>Breakfast:</i> Biscuit & Gravy: Cheese Pizza Tossed Salad Rice Krispy Treat Apple
13th <i>Breakfast:</i> Breakfast Pizza: <i>Balanced Choice Meal:</i> Hot Dog on Wheat Bun Oven Fries Carrots Orange Halves Raisins	14th <i>Breakfast:</i> Whole Grain Pancake w/ Syrup: Three Cheese Rotini Spinach Apricots Breadstick	15th <i>Breakfast:</i> Breakfast Burrito: <i>Balanced Choice Meal:</i> Toasted Cheese Sandwich Broccoli & Ranch Dip Animal Crackers Banana	16th <i>Breakfast:</i> Cereal & Toast: Sloppy Joe on Wheat Bun Potato Wedges Seasoned Peas Cantaloupe	17th <i>Breakfast:</i> Biscuit & Gravy: EARLY RELEASE Sydney Sack Lunch
20th <i>Breakfast:</i> Breakfast Pizza: <i>Balanced Choice Meal:</i> Baked Potato Wedges w/ Chili & Cheese Applesauce Wheat Bread	21st <i>Breakfast:</i> Breakfast Pizza: Mini Corn Dogs Peas & Carrots Chilled Fruit Cocktail Apple	22nd <i>Breakfast:</i> Sausage & Cheese Biscuit: <i>Balanced Choice Meal:</i> Macaroni & Cheese Green Beans Garlic Toast Sticks	23rd <i>Breakfast:</i> Bagel & Yogurt: <i>Balanced Choice Meal:</i> Chicken Nuggets w/Honey Mustard Potato Wedges Wheat Bread Orange	24th <i>Breakfast:</i> Biscuit & Gravy: Pepperoni Pizza Vegetarian Beans Celery & Carrot Sticks Chocolate Pudding
27th <i>Breakfast:</i> Breakfast Pizza: <i>Balanced Choice Meal:</i> BBQ Rib Sandwich on Wheat Bun Mixed Vegetables Rosy Applesauce Orange	28th <i>Breakfast:</i> Breakfast Casserole: Vegetable Lasagna Chilled Pineapple Italian Bread	29th <i>Breakfast:</i> Whole Grain Pancake w/ Syrup: Comdog Potato Wedges Carrot Sticks Chilled Peaches	30th <i>Breakfast:</i> Breakfast Burrito: <i>Balanced Choice Meal:</i> Pizza burger on a Wheat Bun Vegetarian Beans Chilled Pineapple	Daily Milk Choices Include: Low Fat White, Chocolate and Strawberry this menu item is made with whole grain. This menu item is Locally Grown
Mini Salad w/ sides from main line. Sack Lunch. Bologna & cheese on wheat bread Strawberry-Banana Yogurt Apple Milk	<i>Balanced Choices Meal:</i> Mini Salad w/ sides from main line. Sack Lunch. Turkey & cheese on wheat bread Broccoli & Ranch Banana Milk	<u><i>Alternate Lunches</i></u> Mini Salad w/ sides from main line. Sack Lunch. Turkey & cheese on wheat bread Carroteenies Animal Crackers Milk	<i>Balanced Choices Meal:</i> Mini Salad w/ sides from main line. Sack Lunch Ham & Cheese on wheat bread Animal Crackers Fresh Cut Oranges Apple Juice Milk	Mini Salad w/ sides from main line. Sack Lunch. Chicken Salad on wheat bread Chip (variety) Fruit Roll-up Milk

Balanced Choices meals are nutrient dense offerings that go beyond nutritional standards set forth by the National School Lunch Program. Each meal is designed to meet 1/3 of students' daily requirements for calories, vitamins A & C, calcium, and iron and to provide no >30% of calories, no >10% calories from saturated fat, and no >1300 mg of sodium.

If you have menu questions or comments? Please contact Sharri Smith, (816)540-5148

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. Menus subject to change without notice.



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Breakfast/Lunch Prices	
Breakfast:	Lunch:
Full.....\$1.10	Full.....\$1.85
Reduced...\$0.30	Reduced...\$0.40
Adult.....\$1.35	Adult.....\$2.40

