

Chartwells School Dining Services Middle School September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1st <i>Breakfast:</i> Turkey Club Bagel: Balanced Choice Meal: Chicken Broccoli Alfredo Seasoned Green Beans Breadstick	2nd <i>Breakfast:</i> Blueberry Muffin: Beef & Bean Tamale Pie Tossed Salad Jell-O w/ Fruit	3rd No School Today
6th No School Today	7th <i>Breakfast:</i> French Toast Sticks: Cheesy Tomato Rotini Steamed Zucchini Carrot Sticks Applesauce	8th <i>Breakfast:</i> Pancake on a Stick: Balanced Choice Meal: Orange Glazed Chicken Cornbread Stuffing Seasoned Mixed Vegetables Apple	9th <i>Breakfast:</i> Apple Cheddar Bagel: Balanced Choice Meal: Chicken Nuggets w/ Honey Mustard Potato Wedges Chilled Peaches	10th <i>Breakfast:</i> Biscuit & Gravy: Balanced Choice Meal: Pepperoni Pizza Vegetable Pasta Salad Warm Baked Apples Raisins
13th <i>Breakfast:</i> Breakfast Pizza: Hot Dog on a Wheat Bun Potato Wedges Seasoned Peas Rice Krispy Treat Orange	14th <i>Breakfast:</i> Whole Grain Pancake: Balanced Choice Meal: Hamburger on a Wheat Bun Oven Fries Seasoned Mixed Vegetables Apple Crisp	15th <i>Breakfast:</i> Breakfast Burrito: Balanced Choice Meal: Chicken & Noodles Tossed Salad Apricots Wheat Roll	16th <i>Breakfast:</i> Cereal & Yogurt: Taco Salad Mexicali Corn Mandarin oranges Banana Pudding	17th No Lunch
20th <i>Breakfast:</i> Breakfast Pizza: Balanced Choice Meal: Oven Baked Chicken Cheesy Mac Seasoned Broccoli Whole Wheat Bread Apple	21st <i>Breakfast:</i> Cinnamon Oatmeal & Toast: Balanced Choice Meal: Meatloaf Potatoes & Gravy Corn Cherry Crisp Wheat Roll	22nd <i>Breakfast:</i> Sausage & Cheese Biscuit: Balanced Choice Meal: Texas Roadhouse Sandwich on a Wheat Bun Potato Wedges Mandarin Oranges	23rd <i>Breakfast:</i> Bagel & Yogurt: Chicken Fajita Fiesta Rice Mexican Corn Orange	24th <i>Breakfast:</i> Biscuit & Gravy: Balanced Choice Meal: Cheese Pizza Oven Fries Banana Pudding
27th <i>Breakfast:</i> Breakfast Pizza: Fish Fillet Seasoned Broccoli Cheesy Mac Apple	28th <i>Breakfast:</i> Breakfast Casserole: Balanced Choice Meal: Spaghetti & Meat Sauce Seasoned Carrots Chilled Peaches Wheat Roll	29th <i>Breakfast:</i> Whole Grain Pancake: Balanced Choice Meal: Pizza Burger on a Wheat Bun Lettuce & Tomato Baked Potato w/ Butter Chilled Pears	30th <i>Breakfast:</i> Breakfast Burrito: Chicken Burrito Pinto Beans Celery & Carrot Sticks Banana	
Salad Bar & Milk Deli Sub or Wrap, Fruit & Milk	Salad Bar & Milk Deli Sub or Wrap, Fruit & Milk	<u>Alternate Lunches</u> Salad Bar & Milk Deli Sub or Wrap, Fruit & Milk	Salad Bar & Milk Deli Sub or Wrap, Fruit & Milk	Salad Bar & Milk Deli Sub or Wrap, Fruit & Milk

Daily Milk Choices Include: Low Fat White, Chocolate and Strawberry this menu item is made with whole grain. This menu item is Locally Grown

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



Breakfast/Lunch Prices	
<u>Breakfast:</u>	<u>Lunch:</u>
Full.....\$1.10	Full.....\$1.95
Reduced...\$0.30	Reduced...\$0.40
Adult.....\$1.35	Adult.....\$2.40

