



**Chartwells Kirkwood School District
Lunch Menu August 2011**



www.eatlearnlive.com/chartbusters

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Welcome</p>		<p>17 Balanced Choices Meal: Whole Grain Chicken Nuggets w/ Honey Mustard Dipping Sauce Whole Wheat Bread Mashed Potatoes Fresh Orange Wedges Fat Free Milk Choice</p> <p>Breakfast: Breakfast Pizza</p>	<p>18 Balanced Choices Meal: Baked Ravioli with Meat & Cheese Seasoned Green Beans Wheat Dinner Roll Fruit Crisp Fat Free Milk Choice</p> <p>Breakfast: Whole Grain French Sticks</p>	<p>19 Domino's Pizza</p> <p>Eggplant Parmesan featuring Locally Grown Produce 100% Juice Shape-Ups Baby Carrots w/ Fat Free Ranch Dip Fat Free Milk Choice</p> <p>Breakfast: Mini Muffins & Yogurt</p>
<p>23</p> <p>Hot Diggity Pizza Seasoned Green Beans Celery Sticks w/ Low-fat Ranch Dip Fresh Orange Wedges Fat Free Milk Choice</p> <p>Breakfast: Sausage Biscuit</p>	<p>24 Two Soft Tacos w/Beef, Or Beans & Cheese</p> <p>Shredded Lettuce & Locally Grown Tomatoes Refried Beans Fresh Apple Fat Free Milk Choice</p> <p>Breakfast: Ham & Egg Wrap</p>	<p>25 Balanced Choices Meal: Whole Wheat Spaghetti w/ Meat Sauce Garlic Breadstick Fruit Cup Petite Banana Fat Free Milk Choice</p> <p>Breakfast: Waffle w/Turkey Sausage Link</p>	<p>25 Whole Grain Chicken Patty on Whole Grain Bun Garlic Noodles Roasted Carrot Fries Chilled Pineapple Tidbits Fat Free Milk Choice</p> <p>Breakfast: Toasted Cheese on Whole Wheat Bread</p>	<p>26 Papa John's Pizza</p> <p>100% Fruit Juice Fresh Broccoli w/Fat Free Dip Locally Grown Peaches Fat Free Milk Choice</p> <p>Breakfast: Apple Turnover</p>
<p>29 Balanced Choices Meal: Chicken & Cheese Quesadilla Mexicali Corn Santa Fe Rice Cinnamon Applesauce Fat Free Milk Choice</p> <p>Breakfast: Whole Wheat Pancakes & Syrup</p>	<p>30 Balanced Choices Meal: Whole Grain Chicken Nuggets w/ BBQ Dipping Sauce Cheesy Macaroni Broccoli Salad Fresh Orange Wedges Fat Free Milk Choice</p> <p>Breakfast: Breakfast Tac--Go</p>	<p>31 Balanced Choices Meal: Whole Grain Pasta Marinara w/ Cheese Bosco Stick Tossed Green Salad w/ Low-fat Dressing Chilled Pears Fat Free Milk Choice</p> <p>Breakfast Cheesy Eggs with Whole Wheat Toast</p>	<p><u>Daily Breakfast Alternates</u> Bagel & Cream Cheese or Assorted Cold Cereal or SunButter/Jelly Sandwich or Cheese Sandwich or Cereal Bar</p> <p> Whole Grain Balanced Choices</p>	<p>Also includes daily at lunch fruit, vegetable and Fat Free milk choice</p> <p>Menu subject to change without notice.</p>
Alternate Lunches				
<p>Mondays: Hummus & Veggies & Pita Chips</p>	<p> Tuesdays: Salad Shaker w/Whole Grain Crackers</p>	<p>Wednesdays: Cold Pizza Bagel Fun Lunch (Bagel, Pizza Sauce & Cheese),</p>	<p>Thursdays: Toasted Cheese Sandwich</p>	<p>Fridays: Balanced Choices Meal: Li'l Bites Cereal w/ String Cheese</p>

Daily Milk Choices Include: Fat Free White and Fat Free Chocolate; Daily Entrée Choices Include: Bagel & Cream cheese, Cereal, Cheese Sandwich, SunButter & Jelly Sandwich (made with sunflower seeds) Food Bar options include salad greens, raw vegetables, canned & fresh fruits, salad varieties

Menu Questions/ Comments? Please contact: Terri Whitaker, Director, Food & Nutrition Services, 213-6100x8512

The National 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.



Visit www.choosemyplate.com, new USDA site for healthy eating!

Lunch Prices	
Full.....	\$2.35
Special Pizza Day.....	\$2.45
Reduced.....	\$0.40
Adult.....	\$2.95
Breakfast Prices	
Full.....	\$1.60
Reduced.....	\$.30
Adult.....	\$2.95



Eat Local!
A different fruit or vegetable that is produced locally highlighted weekly!