




Chartwells School District Holton Elementary School Lunch Menu February 1st – 29th, 2012 Student lunch \$1.85 Reduced price \$0.40

Milk is \$.50 by itself
Questions or comments?

Please call Dan Carlson, Food Service Director at 231-821-1731

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, nutritious 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
		1 Cheese Filled Whole Grain Breadsticks with Dipping Sauce Romaine Side Salad Fresh Apple Choice of Milk	2 Baked Breaded Chicken Nuggets with Whole Grain Breading w/ Wheat Dinner Roll Homemade Baked Beans Fruit Goop Choice of Milk Whole Grain	3 Cheese Pizza on Whole Grain Crust Corn on the Cob Chilled Mixed Fruit Choice of Milk
6 Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears Choice of Milk	7 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches Choice of Milk	8 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	9 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with cheese sprinkled on top Orange Smiles Choice of Milk	10 Pepperoni Pizza on Whole Grain Crust Fresh Celery Sticks w/ Light Ranch Dip Chilled Pineapples Choice of Milk
13 Grilled Chicken Sandwich on Whole Grain Bun Baked Sweet Potato Tots Locally Grown MI Apple Choice of Milk	14 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Choice of Milk Special Treat	15 Cheesy Red Rotini Bake Seasoned Green Beans Chilled Pears Choice of Milk	16 Chicken & Cheese Quesadilla served w/ salsa Fresh Banana Choice of Milk	17 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
20 No Lunch	21 Turkey Hot Dog on a Whole Grain Bun Tater Tots Locally Grown MI Cantaloupe Choice of Milk	22 Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk	23 Turkey and Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Choice of Milk	24 Pepperoni Pizza on Whole Grain Crust Corn on the Cob Chilled Pineapples Choice of Milk
27 Cheese Burger on WG Bun Seasoned Green Beans Fruit Crisp Choice of Milk	28 Whole Grain French Toast Sticks w/ Turkey Sausage Potato Rounds Fresh Banana Choice of Milk	29 Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Peaches Choice of Milk		
Daily 3 rd Option Vegetarian Salad served with Whole Grain Bread Stick, Fresh Celery Sticks, Peanut Butter and Fresh Fruit				
Week 1: 2 nd Option Junior Turkey & Cheese on a Whole Wheat Sub w/Fresh Cut Oranges, Celery Sticks, and Milk	Week 2: 2 nd Option: Yogurt & Cracker Stackers Fun Lunch (Yogurt cup, Ham, Cheese, Crackers), Baby Carrots, Fruit, and Milk	Week 3: 2 nd Option Yogurt Parfait Fun Lunch: Yogurt, Granola, Fruit, Carrot and Celery Sticks, and Milk	Week 4: 2 nd Option Nacho Fun Lunch (Tortilla Chips, Shredded Cheese, Salsa) Fresh Salad Mix, Apple Slices, and Milk	Week 5: 2 nd Option Junior Turkey & Cheese on a Whole Wheat Sub w/Fresh Cut Oranges, Celery Sticks, and Milk



Go to MyPyramid.gov for online personal wellness resources for you and your family.

Milk selections include: White Skim Milk or Skim Flavored Milk. All milk is artificial hormone free.



This month's food focus is Low-Fat Yogurt!



February - Low-fat Yogurt

Low fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth. Try plain low fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream.

Yogurt

Yogurt is featured on the February menu as part of the fun lunches during week 2 and week 3.



School Foodservice Information

Price: \$1.85 paid, \$.40 reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

Breakfast is available to all students at no cost regardless of income.



You can check your child(ren's) lunch account online. Please call our office for your user name and password at (231) 821-1731.



To learn more about Chartwells go to www.EatLearnLive.com