



# Holton Elementary

Student lunch \$1.75 Reduced price \$.40



www.eatlearnlive.com/chartbusters

All meals include a trip to Chartwells food bar. Daily food bar offerings include: romaine salad with toppings, fresh and canned fruits, variety of fresh vegetables (carrots, celery, broccoli, etc.) and composed salads.

Monday	Tuesday	Wednesday	Thursday	Friday
6 NO SCHOOL  LABOR DAY	7 Baked Breaded Chicken Nuggets with Whole Grain Breading w/ Wheat Dinner Roll Local Corn on the Cobb Chilled Pears Choice of Milk	8 Pasta & Italian Meat Sauce Tossed Salad Made with Romaine w/ Vinegar & Oil Dressing Petite Banana Choice of Milk	9 Cheeseburger or Veggie Burger on a Whole Grain Bun Vegetarian Baked Beans Chilled Applesauce Choice of Milk	10 Cheese Pizza on Whole Grain Crust Steamed Broccoli Chilled Mixed Fruit Choice of Milk
13 Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears Choice of Milk	14 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches Choice of Milk	15 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Fresh Local Cucumber Coins with Low Fat Ranch Fresh Locally Grown Apple Choice of Milk	16 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with cheese sprinkled on top Orange Smiles Choice of Milk	17 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Mixed Fruit Choice of Milk
20 Sweet and Sour Chicken with Brown Rice Fresh Celery Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk	21 Whole Grain Waffles w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk	22 Beef Ravioli & Meat Sauce w/ Whole Grain Bread Fresh Locally Grown Corn on the Cob Fruit Crisp Choice of Milk	23 Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Choice of Milk	24 Cheese Pizza on Whole Grain Crust Steamed Broccoli Chilled Applesauce Choice of Milk
27 Baked Whole Grain Breaded Chicken Sandwich on Whole Grain Bun Baked Tater Tots Fresh MI Apple Choice of Milk	28 Nachos w/ Spicy Meat, Cheese, Romaine Lettuce & Salsa Fresh Local Tomatoes Rice & Beans Chilled Pineapples Choice of Milk	29 Turkey Hot Dog on a Whole Grain Bun w/ Oven Baked Fries Seasoned Peas & Carrots Fresh MI Cantaloupe Choice of Milk	30 Sloppy Joe on a Whole Grain Bun Fresh Creamy Coleslaw Made w/ Local Cabbage Orange Smiles Choice of Milk	
Daily 3 <sup>rd</sup> Option Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with Whole Grain Bread Stick and Fresh Fruit				
<i>Week 1: 2<sup>nd</sup> Option</i> Sept 13-17 Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk	<i>Week 2: 2<sup>nd</sup> Option:</i> Sept. 6-10 Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fruit, and Milk	<i>Week 3: 2<sup>nd</sup> Option</i> Sept 20-24 Cereal Fun Lunch: Frosted Mini Wheats Cereal w/ Hard Boiled Egg, Baby Carrots, 100% Fruit Juice Punch, and Milk	<i>Week 4: 2<sup>nd</sup> Option</i> Sept 27-30 Junior Ham & Cheese Sub w/ Fresh Cut Oranges, Celery Sticks, and Milk	



Go to [MyPyramid.gov](http://MyPyramid.gov) for online personal wellness resources for you and your family.

Milk selections include: White Skim Milk or 1% Flavored Milk. All milk is artificial hormone free.

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