



Monday	Tuesday	Wednesday	Thursday	Friday
7 🍴 Graham Cracker Dippers Gold Fish Jumbo Graham Crackers With Low Fat Vanilla Yogurt Choice 100% Fruit Juice 1% Low Fat Milk Choice Sliced Peaches	8 🍴 HOT BREAKFAST SANDWICH Sausage, Egg and Cheese On a Biscuit 100% Fruit Juice 1% Low Fat Milk Choice Petite Banana	9 🍴 Whole Grain Chocolate Chip Muffin String Cheese Stick Made with Part Skim Milk 100% Fruit Juice 1% Low Fat Milk Choice Orange Smiles	10 🍴 Golden Ghrms Cereal Bowl Part Skim String Cheese Stick Sliced Peaches in Natural Juice 1% Low Fat Milk Choice Fruit Cocktail	11 🍴 Balanced Choices Meal: FUN BREAKFAST Hard Boiled Egg Half Whole Wheat Bagel with Jelly 100% Fruit Juice 1% Low Fat Milk Choice 🍏 Apples
14 🍴 Whole Grain Chocolate Chip Muffin String Cheese Stick Made w/ Part Skim Milk 100% Juice 1% Low Fat Milk Fruit Cocktail	15 🍴 Whole Wheat French Toast Stick Homemade Fruit Topping & Pan Seared Turkey Sausage 100% Fruit Juice 1% Low Fat Milk Choice Sliced Peaches	16 🍴 Reduced Fat Warm Blueberry Muffin w/ Promise Heart Healthy Spread Peeled Hard Boiled Egg 100% Fruit Juice 1% Low Fat Milk Choice Petite Banana	17 🍴 HOT BREAKFAST SANDWICH Sausage, Egg and Cheese On a Biscuit 100% Fruit Juice 1% Low Fat Milk Choice 🍏 Apples	18 🍴 Balanced Choices Meal: FUN BREAKFAST Whole Wheat Bagel Cream Cheese, Jelly, Low Fat Yogurt 100% Fruit Juice 1% Low Fat Milk Choice Orange Smiles
21 🍴 Kix Berry Cereal Bowl Part Skim String Cheese Stick Sliced Peaches in Natural Juice 1% Low Fat Milk Choice Fruit Cocktail	22 🍴 Apple Cheddar Bagel Topper Oven Toasted Open Face Bagel Topped w/ Apple Slices* & Natural Cheddar Pineapple Tidbits	23 🍴 Whole Grain Apple Cinnamon Muffin Part Skim String Cheese Stick 100% Fruit Juice 1% Low Fat Milk Choice Pears	24 🍴 HOT BREAKFAST SANDWICH Egg Patty with Cheese on a Whole Wheat Hard Roll 100% Fruit Juice 1% Low Fat Milk Choice Petite Banana	25 🍴 Balanced Choices Meal: FUN BREAKFAST Hard Boiled Egg Half Whole Wheat Bagel with Jelly 100% Fruit Juice 1% Low Fat Milk Choice Orange Smiles
28 NO SCHOOL 	29 🍴 HOT BREAKFAST SANDWICH Egg Patty with Cheese on a Whole Wheat Bun 100% Fruit Juice 1% Low Fat Milk Choice Diced Pears	30 🍴 Whole Grain Chocolate Chip Muffin String Cheese Stick Made with Part Skim Milk 100% Fruit Juice 1% Low Fat Milk Choice Orange Smiles	31 🍴 HOT BREAKFAST SANDWICH Sausage, Egg & Cheese on a Whole Wheat Bun 100% Fruit Choice 1% Low Fat Milk Petite Banana	1 🍴 Balanced Choices Meal: FUN BREAKFAST Hard Boiled Egg Half Whole Wheat Bagel with Jelly 100% Fruit Juice 1% Low Fat Milk Choice 🍏 Apples
4 🍴 Graham Cracker Dippers Gold Fish Jumbo Graham Crackers With Low Fat Vanilla Yogurt Choice 100% Fruit Juice 1% Low Fat Milk Choice Sliced Peaches	5 🍴 Balanced Choices Meal: FUN BREAKFAST Hard Boiled Egg Half Whole Wheat Bagel with Jelly 100% Fruit Juice 1% Low Fat Milk Choice 🍏 Apples	6 🍴 HOT BREAKFAST SANDWICH Sausage, Egg and Cheese On a Biscuit 100% Fruit Juice 1% Low Fat Milk Choice Petite Banana	7 🍴 Whole Grain Chocolate Chip Muffin String Cheese Stick Made w/ Part Skim Milk 100% Juice 1% Low Fat Milk Fruit Cocktail	8 🍴 Whole Wheat French Toast Stick Homemade Fruit Topping & Pan Seared Turkey Sausage 100% Fruit Juice 1% Low Fat Milk Choice Sliced Peaches

Alternate Breakfast Available Daily

Cereal Bowl

🍴 We offer a variety of kid-friendly cereal choices meeting our nutritional criteria of ≤ 5 grams of sugar OR ≥ 3 grams of fiber per serving

-AND-

Choice Of One:

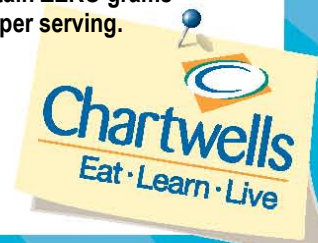
🍴 **Bagel w/ Light Cream Cheese & Fruit Spread “jelly” Graham Crackers**

Part Skim String Cheese Stick, Low Fat Organic Yogurt Cup Offered w/ Featured Fruit or Juice Sides AND Skim or Low Fat Milk

The Award-Winning Chartwells Balanced Choices® Meal Program

highlights calorically appropriate, nutrient-rich 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 start your day right with a Balanced Choices Meal!

ALL of our offerings contain ZERO grams of artificial trans fat per serving.



Why is breakfast so important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

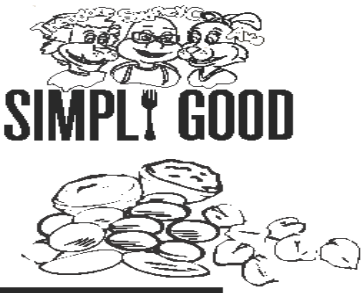
- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

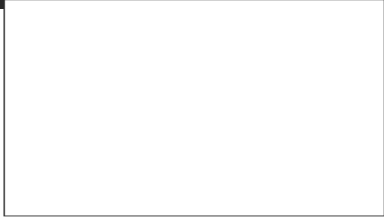
School Breakfast Information

Price: Paid, **\$1.50**, Reduced*, **\$0.30**, Adult, **\$2.50** Free* (*if qualified)

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



DRAWING
Draw your favorite meal including a mealtime protein such as beans, lentils, rice or seeds.




WORD SEARCH!
Find words associated with Garbanzo Beans


I	N	O	L	E	G	R	L	I	N	S	O
D	A	P	O	R	A	E	O	O	S	P	I
I	C	R	C	I	M	A	U	N	D	R	L
A	H	O	U	S	U	M	M	U	H	O	A
F	I	B	E	R	I	T	E	D	N	T	R
L	C	E	N	M	C	U	T	M	I	I	T
K	K	I	E	D	L	R	L	B	M	E	S
T	P	H	R	N	A	K	A	R	A	N	U
A	E	E	T	C	E	S	T	R	A		
N	A	G	Y	I	U	Y	H	I	R	O	N
N	S	N	P	A	K	I	S	T	A	N	E

FRUIT
CHICKPEAS
LENTILS
HUMMUS
FALAFEL
PROTEIN
CALCIUM
HEALTHY
ENERGY
SODA
TURKEY
PASTRAM
AUSTRALIA
IRON

CONNECT THE DOTS
Connect the dots to reveal the mealtime meal!



WEEKLY CHALLENGE
Make homemade hummus with mom and dad!



HealthierUS School Challenge
Recognizing Excellence in
School Nutrition and Physical Activity

simplygoodfood.org **Chartwells**
Est. Learn. Live

Stamford Elementary Schools Win the HealthierUS School Challenge Bronze Award!

All 12 of Stamford's public elementary schools received the USDA's Healthier US School Challenge award in recognition of the schools' healthy environment, and their promotion of good nutrition and physical activity. To date, only 40 Connecticut schools have received this award, 12 of which are Stamford's!!!

"To reach the bronze status, a school must be enrolled as a Team Nutrition School, offer reimbursable lunches that demonstrate the principles of Dietary Guidelines for Americans and meet USDA nutrition standards, provide nutrition education to students, provide students opportunities to engage in physical activity, adhere to guidelines established by the (Food and Nutrition Service)

NATIONAL NUTRITION MONTH 2012

GET YOUR PLATE IN SHAPE





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