

Stamford CT School District
CHARTWELLS ELEMENTARY School Lunch Menu May 2012

If you have any questions, please call the Director of Dining Services: Al Benjunas: 203-977-4732

CHOICE OF SKIM OR 1% LOW FAT MILK IS OFFERED WITH EACH LUNCH MEAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Buffalo Chicken Tenders Brown Rice 🍴 Steamed Corn Sliced Peaches Fresh Fruit & Veggie Selection Vegetarian Salad w/ Cheese & Dinner Roll</p>	<p>8</p> <p>Grilled Cheese Sweet Potatoes Fries Fruit Cocktail Fresh Fruit & Veggie Selection Vegetarian Garden Burger w/ Cheese Flexitarian</p>	<p>9</p> <p>Breaded Chicken Cordon Bleu Whole Wheat Bun 🍴 Crispy Waffle Fries Pineapple Tidbits Fresh Fruit & Veggie Selection Vegetarian Garden Burger w/ Cheese</p>	<p>10</p> <p>Barilla Plus Pasta Baked Ziti 🍴 Roasted Carrots Banana Fresh Fruit & Veggie Selection Vegetarian Pasta w/ Cheese Flexitarian</p>	<p>11</p> <p>Homemade Whole Grain Cheese Pizza 🍴 Pepperoni Pizza Caesar Salad Pear Fresh Fruit & Veggie Selection Vegetarian</p>
<p>Weekly Alternative meals include a side choice, Milk & fruit</p>	<p>(B) Italian Hoagie Sandwich 🍴</p>	<p>(C) PB & J Sandwich 🍴 Weekly Crudites (Sweet Peppers & Carrots)</p>	<p>(D) Deli Chef Salad or Garden Cheese Salad with a Dinner Roll</p>	<p>Breakfast Fun Lunch (W/W Bagel Serv w Boiled Egg, Juice & Low Fat Cream Cheese)</p>
<p>14</p> <p>Steak & Cheese Wheat Roll Seasoned Baked Potatoes Wedges Sliced Peaches Fresh Fruit & Veggie Selection Vegetarian Peanut Butter & Jelly Sandwich</p>	<p>15</p> <p>Hot Diggly Dog Whole Wheat Bun 🍴 French Fries Pineapple Tidbits Fresh Fruit & Veggie Selection Vegetarian Garden Burger w/ Cheese</p>	<p>16 BAG LUNCH</p> <p>Turkey & Cheese on a Whole Wheat Roll Fresh Mini Carrots Apple 1% Low-fat Milk EARLY RELEASE</p>	<p>17</p> <p>Creamy Barilla Plus Baked Mac-n-Cheese 🍴 Steamed Broccoli Blend Whole Wheat Dinner Roll 🍴 Pear Fresh Fruit & Veggie Selection Vegetarian Pasta w/ Sauce</p>	<p>18</p> <p>Homemade Whole Grain Cheese Pizza 🍴 Ham Pizza Fresh Romaine Salad w/ Tomato Orange Fresh Fruit & Veggie Selection Vegetarian</p>
<p>Weekly Alternative meals include a side choice, Milk & fruit</p>	<p>(B) Ham & Cheese Sandwich</p>	<p>(C) PB & J Sandwich 🍴 Weekly Crudites(Broccoli & Carrots)</p>	<p>(D) Ham & Cheese Salad/ or Garden Cheese Salad with a Dinner Roll</p>	<p>Yogurt, Bagel, Fun Lunch 🍴</p>
<p>21</p> <p>Whole Wheat Chicken Nuggets 🍴 W/ Mashed Potatoes Steamed Mixed Vegetables Fruit Cocktail Fresh Fruit & Veggie Selection Vegetarian Peanut Butter & Jelly Sandwich</p>	<p>22</p> <p>Cheesy Pizza Dippers with Marinara Sauce Sweet Potatoes Fries Pineapple Tidbits Fresh Fruit & Veggie Selection Vegetarian Garden Burger w/ Cheese</p>	<p>23</p> <p>Chicken Stir Fry Steamed Brown Rice Stir Fried Oriental Veg Whole Wheat Dinner Roll 🍴 Banana PEACH CRISP Fresh Fruit & Veggie Selection Vegetarian Stir Fried Oriental Veg</p>	<p>24 Flexitarian</p> <p>Barilla Plus Penne with Marinara Seasoned Broccoli & Cauliflower Pears Cheese Filled Bread Stix Fresh Fruit & Veggie Selection Vegetarian Penne w/ Marinara Sauce</p>	<p>25</p> <p>Homemade Whole Grain Cheese Pizza 🍴 Roasted Veggie Pizza Caesar Salad Orange Smiles Fresh Fruit & Veggie Selection Vegetarian</p>
<p>Weekly Alternative meals include a side choice, Milk & fruit</p>	<p>(B) Turkey & Cheese Sandwich 🍴</p>	<p>(C) PB & J Sandwich 🍴 Weekly Crudites(Carrots Stix)</p>	<p>(D) Ham & Cheese Salad/ or Garden Cheese Salad with a Dinner Roll</p>	<p>Cold Pizza Bagel Fun Lunch (W/W Bagel Serv w Pizza Sauce & Par Skim Cheese)</p>
<p>28</p> <p>NO SCHOOL</p> <p>MEMORIAL DAY</p>	<p>29</p> <p>BBQ Pork Rib Whole Wheat Bun 🍴 Mashed Potatoes Fresh Mini Carrots Raisins 1% Low-fat Milk Vegetarian Tuna Salad Sandwich</p>	<p>30</p> <p>Whole Wheat Chicken Nuggets 🍴 French Fry's Steamed Mixed Vegetables Fruit Cocktail Fresh Fruit & Veggie Selection Vegetarian Peanut Butter & Jelly Sandwich</p>	<p>31</p> <p>Barilla Plus Spaghetti Alfredo with Broccoli 🍴 Seasoned Broccoli & Cauliflower Pears Whole Wheat Dinner Roll Fresh Fruit & Veggie Selection Vegetarian Spaghetti w/ Tomato Sauce Flexitarian</p>	<p>1</p> <p>Homemade Whole Grain Cheese Pizza 🍴 Pepperoni Pizza Tossed Green Salad Sliced Peaches Fresh Fruit & Veggie Selection Vegetarian</p>
<p>Weekly Alternative meals include a side choice, Milk & fruit</p>	<p>(B) Ham & Cheese Sandwich 🍴</p>	<p>(C) PB & J Sandwich 🍴 Weekly Crudites(Carrots Slims & Celery Sticks)</p>	<p>(D) Turkey Salad / or Garden Cheese Salad with a Dinner Roll</p>	<p>Yogurt, Bagel, Fun Lunch 🍴</p>
<p>4</p> <p>Grilled Ham & Cheese Sweet Potatoes Fries Pineapple Tidbits Fresh Fruit & Veggie Selection Vegetarian Garden Burger w/ Cheese</p>	<p>5</p> <p>Breakfast for Lunch Egg & Sausage on a Bun Seasoned Baked Potatoes Wedges Sliced Peaches Fresh Fruit & Veggie Selection Vegetarian Peanut Butter & Jelly Sandwich</p>	<p>6</p> <p>Chicken Parmesan on a Whole Wheat Bun 🍴 Steamed Carrots Pineapple Tidbits Fresh Fruit & Veggie Selection Vegetarian Garden Burger w/ Cheese</p>	<p>7</p> <p>Cinco De Mayo Taco's Mexican Rice & Beans Banana Cinco De Mayo Cookies Fresh Fruit & Veggie Selection Vegetarian Rice and Bean Buritto</p>	<p>8</p> <p>Homemade Whole Grain Cheese Pizza 🍴 Chicken Pizza Garden Salad Orange Smiles Fresh Fruit & Veggie Selection Vegetarian</p>
<p>Weekly Alternative meals include a side choice, Milk & fruit</p>	<p>(B) Italian Hoagie Sandwich 🍴</p>	<p>(C) PB & J Sandwich 🍴 Weekly Crudites(Fresh Cucumbe Wheels)</p>	<p>(D) Caesar Chicken Salad or Garden Cheese Salad with a Dinner Roll</p>	<p>Yogurt, Bagel, Fun Lunch 🍴</p>

Part of making healthy diet choices means making 1/2 of your grains whole Wheat..

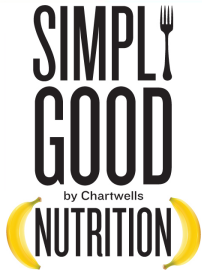
School lunch is a great opportunity to meet your daily whole grain requirements!

Look for this symbol in the cafeteria to help you identify whole grain foods. 🍴

Student Lunch price: \$2.85 • Reduced meal price: \$0.40 • Milk price: \$0.50 • Adult Lunch price: \$4.00
 Balanced Choices™ meals meet precise nutritional guidelines when all featured menu items are selected.

All Meals are Served with Milk (1% Low fat, White or Chocolate or Skim Milk)





Chartwells School Dining Services "Gets Your Plate in Shape" And Celebrates National Nutrition Month

Chartwells School Dining Services and Stamford Public Schools are gearing up to celebrate National Nutrition Month® (NNM) during the month of March. NNM is a nutrition education and information campaign conducted annually in March by the American Dietetic Association (ADA). The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The March 2012 NNM theme is "Get Your Plate in Shape" which reinforces the key messages of MyPlate, the USDA's icon that supports the dietary recommendations from the 2010 Dietary Guidelines for Americans to fill half your plate with fruits and vegetables and serves as a less complex visual reminder to make healthier food choices.



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) for all foods served/sold in schools, and implement a Local Wellness Policy."

FUN & Healthy Recipes!!!

10-Minute Energizing Oatmeal

Prep and Cook Time: 10 minutes

Ingredients:

- 1 cup old fashioned rolled oats
- 2 cups water
- sea salt to taste
- 1/2 tsp cinnamon
- 1/4 cup raisins
- 1/4 sliced almonds
- 1 cup skim milk
- 1 TBS blackstrap molasses

Directions:

1. Bring the water and salt to a boil in a saucepan, and then turn the heat to low and add the oats.
2. Cook for about 5 minutes, stirring regularly so that the oatmeal will not clump together. Add cinnamon, raisins and almonds, stir, cover the pan and turn off heat. Let sit for 5 minutes. Serve with milk and sweetener.

