

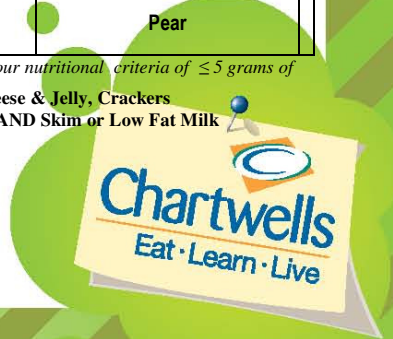
**Chartwells School Dining Services
Stamford CT High School
Breakfast Menu May 2012**






MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
 CEREAL BOWLS! <i>Hot or Cold Cereals Made w/ Whole Grain. Toppings Include Assorted Fresh & Dried Fruits Low Fat Yogurt</i>	 TOPPERS! <i>Topped & Oven Toasted Whole Grain Bagels</i>	 PARFAITS! <i>Parfaits Made Your Way- Choose From Plain or Vanilla Low Fat Yogurt, Assorted Fresh & Dried Fruits Available Homemade Granola</i>	 HOT BREAKFAST SANDWICH: <i>Breakfast Combos Ready to Go Self Served From Our Heated Sandwich Slide</i>	 HOT & TOASTY! <i>Hot Sandwiches & Quesadillas Fixed Quick to Order in a Panini Press</i>
100% Fruit Juice, 1 % Low Fat Milk Choice				
7 Balanced Choices Meal: Cinnamon Raisin Oatmeal & Pan Seared Turkey Sausage Pineapple Tidbits	8 Denver Bagel Topper Mini Toasted Open Face Bagel Boats Topped w/ Eggs, Onions, Peppers , Ham & Cheese Fruit Cocktail	9 Whole Grain Blueberry Muffin All Natural Strawberry Low-Fat Yogurt Petite Banana	10 Country Style Breakfast Sandwich Pan Seared Turkey Sausage, Egg and Cheese Fresh Baked Biscuit Apple	11 Cinnamon Raisin Bagel Low Fat Cream Cheese Organic Vanilla Low-fat Yogurt Orange
100% Fruit Juice, 1 % Low Fat Milk Choice				
14 Balanced Choices Breakfast Cereal Bowl Whole Grain Cheerios Banana Muffin Sliced Peaches	15 Pizza Bagel Minis Mini Toasted Open Face Bagel Boats Topped w/ Marinara Sauce and Shredded Mozzarella Pineapple Tidbits	16 EARLY DISMISSAL	17 English Muffin Sandwich Egg Patty, Cooked Ham and Cheese on a English Muffin Apple	18 Classic Flat Bread Breakfast Sandwich Eggs, Ham & Cheese Pear
100% Fruit Juice, 1 % Low Fat Milk Choice				
21 Breakfast Fruit Yogurt Parfait Mini Parfait Layered w/ Low Fat Vanilla Yogurt & Bite Sized Seasonal Fruit & Homemade Granola Orange	22 Classic Egg & Cheese Breakfast sandwich on a Whole Wheat Hard Roll Petite Banana	23 Berry Kix Cereal Bowl String Cheese Stick Made w/ Part Skim Milk Sliced Peaches	24 Denver Bagel Topper Mini Toasted Open Face Bagel Boats Topped w/ Eggs, Onions, Peppers , Ham & Cheese Fruit Cocktail	25 Balanced Choices Meal: Cinnamon Raisin Oatmeal & Pan Seared Turkey Sausage Pineapple Tidbits
100% Fruit Juice, 1 % Low Fat Milk Choice				
28 No School MEMORIAL DAY	29 Balanced Choice Meal: Apple Cheddar Bagel Topper Oven Toasted Open Face Bagel Topped w/ Apple Slices* & Natural Cheddar Pineapple Tidbits	30 Cinnamon Raisin Bagel Low Fat Cream Cheese Organic Vanilla Low-fat Yogurt Orange	31 Classic Egg & Cheese Breakfast sandwich on a Whole Wheat Hard Roll Petite Banana	1 Breakfast Burrito w/ Salsa, Scramble Eggs, Corn, Peppers, Onions, Turkey Sausages, Salsa Apple
100% Fruit Juice, 1 % Low Fat Milk Choice				
4 Golden Grahams Cereal Bowl String Cheese Stick Made w/ Part Skim Milk Sliced Peaches	5 Salsa Bagel Topper Mini Toasted Open Face Bagel Boats Topped w/ Mild Homemade Southwest Salsa and Shredded Natural Cheddar Fruit Cocktail	6 Breakfast Fruit Yogurt Parfait Mini Parfait Layered w/ Low Fat Vanilla Yogurt & Bite Sized Seasonal Fruit & Homemade Granola Orange	7 Toasted Bagel Egg Patty, with Cheese on a Whole Wheat Hard Roll Apple	8 Hot Ham & Cheese Breakfast Sliders Turkey Ham & Natural Cheddar in a Whole Wheat Soft Dinner Roll Pear



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



 Our **Balanced Choices Meal** suggestions are **packed w/ essential nutrients** and **sustainable energy** to get you through your day and keep you on top of your game. Look for the Balanced Choices icons and signs in the cafeteria that identify the vegetables, fruits, and low fat milk accompaniments to complete your Balanced Choices meal.

 **Locally Grown** This month's featured local food is **APPLES!**
 Designates menu item is made w/ whole grains. **Make half of your grain choices whole!**

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.

Price: Paid, **\$1.50**. Reduced **\$0.30**, Adult, **\$2.50** free* (*if qualified)
No advance registration necessary! All students are welcome every day

FUN & Healthy Recipes!!!

10-Minute Energizing Oatmeal

Prep and Cook Time: 10 minutes

Ingredients:

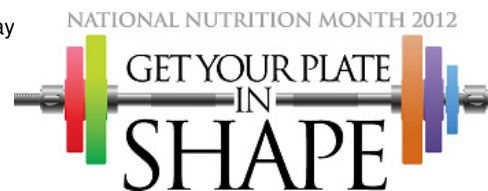
- 1 cup old fashioned rolled oats
- 2 cups water
- sea salt to taste
- 1/2 tsp cinnamon
- 1/4 cup raisins
- 1/4 sliced almonds
- 1 cup skim milk
- 1 TBS blackstrap molasses

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.

EAT LOCAL
get closer to your food

Carrots, Onions and Mushrooms are locally grown produce.



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.



Chartwells
Eat · Learn · Live