

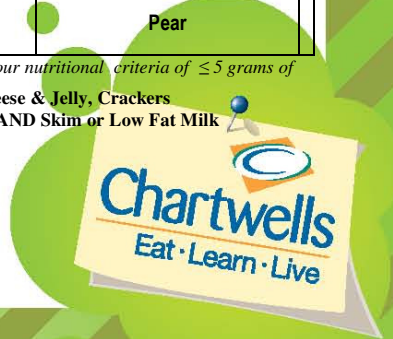
**Chartwells School Dining Services  
Stamford CT Middle School  
Breakfast Menu May 2012**



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

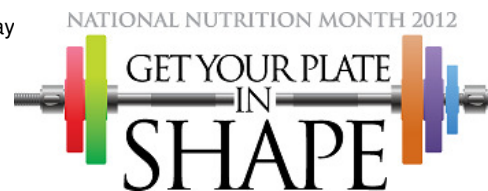
- 1 cup old fashioned rolled oats
- 2 cups water
- sea salt to taste
- 1/2 tsp cinnamon
- 1/4 cup raisins
- 1/4 sliced almonds
- 1 cup skim milk
- 1 TBS blackstrap molasses

#### 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.

