

**Chartwells School Dining Services  
Wyoming Public Schools  
December 2011  
Breakfast in the Classroom**

Free for All Students

**Breakfast is served everyday right in your classroom! Breakfast includes lots of good whole grains, fresh fruit and milk every day!! Breakfast is a great way to start your day off right!**

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
Reduced Sugar Frosted Flakes* Goldfish Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	WG Muffin* Strawberry Yogurt Fresh Michigan Apple Served with 1% Low Fat Milk	Ultimate Breakfast Round Applesauce Cup Served with 1% Low Fat Milk	Smucker's Snack'N Waffle* 100% Orange Juice Served with 1% Low fat Milk	Reduced Sugar Cinnamon Toast Crunch* Whole Grain Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk
5	6	7	8	9
Chocolate Mini Wheat's* Low- Fat String Cheese Fresh Petite Banana Served with 1% Low Fat Milk	Strawberry Yogurt Simply Chex Strawberry Mix* Fresh Michigan Apple Served with 1% Low Fat Milk	Cinnamon Toast Crunch Cereal Bar Low-Fat String Cheese Grape Fruit Strip Served with 1% Low Fat Milk	Eggo Mini Pancakes * 100% Orange Juice Served with 1% Low Fat Milk	Reduced Sugar Apple Jacks Low-Fat String Cheese 100% Apple Juice Served with 1% Low Fat Milk
12	13	14	15	16
Reduced Sugar Trix Whole Grain Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	Apple Cinn. Rice Krispie Cereal Bar* Low-Fat String Cheese Fresh Michigan Apple Served with 1% Low Fat Milk	Yogurt Granola* Grape Fruit Strip Served with 1% Low Fat Milk	Smucker's Snack'N Waffle* 100% Orange Juice Served with 1% Low fat Milk	Reduced Sugar Cinnamon Toast Crunch* Goldfish Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk
No School December 19- January 2  Happy Holidays!				

**Menu Questions or Comments? Please contact Mike Slager, Director of Dining Services at 616-530-7522.**

*In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, and Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). SDA is an equal opportunity provider and employer.*

**Menu subject to change without notice.**

*\*Items that contain Whole Grains*

**Chartwells School Dining Services**  
**Wyoming Public Schools Elementary Menu**  
**December 2011**

Monday	Tuesday	Wednesday	Thursday	Friday
Food Focus for December is Whole Grains				
<b>Lunch Price \$1.95    Reduced Price \$.40    Milk \$.50</b> <b>Lunch includes choice of entrée, two vegetable/fruit dishes and choice of low fat milk (white &amp; chocolate)</b> <b>All Prairie Farms milk comes from cows not treated with artificial growth hormones</b>				
28 BBQ Riblet on Whole Grain Bun or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce  Baked Sweet Potato Coins Locally Grown Apple Slices Choice of Milk	29 Baked Popcorn Chicken Bites or Turkey Hot Dog on Whole Wheat Bun  Warm Baked Beans Fruit Goop Choice of Milk	30 Classic Hamburger on Whole Wheat Bun or Grilled Chicken Sandwich on Whole Wheat Bun  Tossed Romaine Salad Banana Choice of Milk	1 Pasta & Italian Meat Sauce w/ Dinner Roll or WG Baked Chicken Nuggets Served with Biscuit  Steamed Broccoli w/ Sprinkled Cheese Orange Wedges Choice of Milk	2 Cheese Pizza on Whole Grain Crust or Baked Fish Nuggets w/ Tartar Sauce  Corn on the Cob Chilled Mixed Fruit Choice of Milk
Weekly Alternatives: Cereal Fun Lunch (Frosted Mini Wheats Cereal, Hard Boiled Egg, Raisins), Fruit and Milk				
5 Hot Ham & Cheese on a Whole Grain Bagel or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce  Baked Sweet Potato Fries Chilled Pears Choice of Milk	6 Fresh Taco Salad w/ Tortilla Shell Rounds or Turkey Hot Dog on Whole Wheat Bun  Rice & Beans Chilled Peaches Choice of Milk	7 Cheesy Macaroni & Whole Grain Dinner Roll or Grilled Chicken Sandwich on Whole Wheat Bun  Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	8 Whole Grain Pancakes w/ Turkey Sausage Links or WG Baked Chicken Nuggets Served with Biscuit  Crispy Tater Tots Orange Smiles Choice of Milk	9 Sweet and Sour Chicken with Brown Rice or Baked Fish Nuggets w/ Tartar Sauce  Steamed Broccoli Chilled Pineapples Choice of Milk
Weekly Alternatives: Junior Ham & Cheese Sandwich on Whole Wheat Bun w/ Celery Sticks, Fruit and Milk				
12 Baked Popcorn Chicken Bites or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce  Fresh Celery Sticks Orange Wedges Choice of Milk	13 Classic Cheeseburger on Whole Wheat Bun or Turkey Hot Dog on Whole Wheat Bun  Warm Baked Beans Fruit Crisp Choice of Milk	14 Carved Turkey with Homemade Gravy or Grilled Chicken Sandwich on Whole Wheat Bun  Mashed Potatoes Chilled Pears Choice of Milk	15 Chicken & Cheese Quesadilla served w/ Salsa or WG Baked Chicken Nuggets Served with Biscuit  Fresh Banana Choice of Milk	16 Pepperoni Pizza on Whole Grain Crust or Baked Fish Nuggets w/ Tartar Sauce  Tossed Romaine Salad Chilled Applesauce Choice of Milk  Happy Holidays! 😊
Weekly alternatives: Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit and Milk				

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All meals include a trip to the food bar. Daily food bar offerings include a variety of fruits and vegetables such as:  
 Romaine lettuce, fresh broccoli, baby carrots, fresh fruit, canned fruit and composed salads.

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