

**Chartwells School Dining Services
Wyoming Public Schools
November 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
31 Reduced Sugar Frosted Flakes* Goldfish Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	1 WG Muffin* Strawberry Yogurt Fresh Michigan Apple Served with 1% Low Fat Milk	2 Ultimate Breakfast Round Applesauce Cup Served with 1% Low Fat Milk	3 Smucker's Snack'N Waffle* 100% Orange Juice Served with 1% Low fat Milk	4 Reduced Sugar Cinnamon Toast Crunch* Whole Grain Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk
7 Chocolate Mini Wheat's* Low- Fat String Cheese Fresh Petite Banana Served with 1% Low Fat Milk	8 Strawberry Yogurt Simply Chex Strawberry Mix* Fresh Michigan Apple Served with 1% Low Fat Milk	9 Cinnamon Toast Crunch Cereal Bar Low-Fat String Cheese Grape Fruit Strip Served with 1% Low Fat Milk	10 Eggo Mini Pancakes * 100% Orange Juice Served with 1% Low Fat Milk	11 No School! Have a Great Weekend!
14 Reduced Sugar Trix Whole Grain Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	15 Apple Cinn. Rice Krispie Cereal Bar* Low-Fat String Cheese Fresh Michigan Apple Served with 1% Low Fat Milk	16 Yogurt Granola* Grape Fruit Strip Served with 1% Low Fat Milk	17 Smucker's Snack'N Waffle* 100% Orange Juice Served with 1% Low fat Milk	18 Reduced Sugar Cinnamon Toast Crunch* Goldfish Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk
21 Reduced Sugar Apple Jacks Whole Grain Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	22 WG Muffin* Strawberry Yogurt Fresh Michigan Apple Served with 1% Low Fat Milk	23 No School	24 No School Happy Thanksgiving!	25 No School

Menu Questions or Comments? Please contact Mike Slager 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
November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Food Focus for October is Carrots				
Lunch Price \$1.95 Reduced Price \$.40 Milk \$.50 Lunch includes choice of entrée, two vegetable/fruit dishes and choice of low fat milk (white & chocolate) All Prairie Farms milk comes from cows not treated with artificial growth hormones				
31 Breaded Chicken Patty on Whole Wheat Bun* Baked Beans Chilled Peaches Choice of Milk	1 Sloppy Joe on a Whole Wheat Bun* Carrot Coins Chilled Peaches Choice of Milk	2 Chef Boyardee Beef Ravioli Sweet 'Potater' Tots Chilled Mix Fruit Choice of Milk	3 Half Day!!! Sack Lunch Yogurt, String Cheese, Animal Cracker, Baby Carrots , Fresh Apple and Milk	4 Half Day!!! Sack Lunch Ham and Cheese sub Reduced Fat Doritos, Baby Carrots , Applesauce Cup and Milk
Fun Lunch option for the 31 st thru 4 th is Nachos fun lunch: Crispy tortilla Scoops, Nacho Cheese, salsa, fruit and milk				
7 Baked Breaded Chicken Nuggets* w/ Cornbread Red Beans and Rice Chilled Peaches Choice of Milk	8 Beef & Cheese Nachos with Shredded Lettuce Seasoned Corn Chilled Pineapples Choice of Milk	9 Honey BBQ Beef Rib Mashed Potatoes w/ Gravy Diced Peaches Choice of Milk	10 Mac -N- Cheese Seasoned Peas & Carrots Chilled Peaches Choice of Milk	11 No School! Have a Great Weekend!
Fun lunch option for the 7 th thru 11 th is Cereal fun lunch - Frosted Choc. Mini wheat's cereal w/ hardboiled egg, fruit and milk				
14 Pancakes* w/ Sausage Links(2) Crispy Tater Tots Chilled Mixed Fruit Choice of Milk	15 Chicken and Bean Wet Burrito Refried Beans Mandarin Oranges Choice of Milk	16 Corn Dog on a Stick Fresh Carrot and Celery Chilled Diced Peas Choice of Milk	17 Sweet & Sour Chicken White Rice Broccoli Chilled Peaches Choice of Milk	18 Pepperoni Pizza* Tossed Spinach Salad W/ Tomatoes Chilled Applesauce Choice of Milk
Fun Lunch option for the 14 th thru 18 th is Pretzels w/ yogurt & string cheese, carrot sticks , apple slices and low fat milk				
21 Breaded Chicken Patty on Whole Wheat Bun* Carrot Coins Orange Smiles Choice of Milk	22 Turkey and Gravy Mashed Potatoes Fresh Carrots Chilled Mixed Fruit Special Treat from our Chef Choice of Milk	23 No School Happy Thanksgiving!!!	24 No School Happy Thanksgiving!!!	25 No School Happy Thanksgiving!!!
Fun lunch option for the 21 st thru 25 th is-- Junior ham & cheese sub w/ animal crackers, orange and low fat milk				
<u>Alternate Lunches</u>				
<i>Mondays:</i> Bosco reduced fat cheese Stuffed breadstick* With dipping sauce	<i>Tuesdays:</i> Popcorn Chicken (15)	<i>Wednesdays:</i> Grilled Chicken Patty On a whole wheat bun*	<i>Thursdays:</i> Hot Dog on Whole Wheat Bun*	<i>Fridays:</i> Fish Nuggets W/ tartar sauce
We also offer a food bar with a variety of locally fresh Fruits and Vegetables. *Items that contain Whole Grains.				

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