

**Chartwells School Dining Services
Wyoming Public Schools
October 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
3	4	5	6	7
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 Cinnamon Apple Sauce 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
10	11	12	13	14
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	WG Muffin* Low-Fat String Cheese Grape Fruit Strip Served with 1% Low Fat Milk	Pillsbury 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
17	18	19	20	21
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
24	25	26	27	28
Reduced Sugar Apple Jacks Whole Grain 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 Cinnamon Apple Sauce Served with 1% Low Fat Milk	Pillsbury Mini Pancakes * 100% Orange Juice Served with 1% Low Fat Milk	Chocolate Mini Wheat's* Low- Fat String Cheese 100% Apple Juice Served with 1% Low Fat Milk

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, 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).

USDA 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
October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Food Focus for October is Dark Leafy Greens				
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				
3 Breaded Chicken Patty on Whole Wheat Bun* Carrot Coins Orange Smiles Choice of Milk	4 Beef & Cheese Nachos with Shredded Lettuce Red Beans and Rice Chilled Pineapples Choice of Milk	5 BBQ Beef Ribbies Mashed Potatoes w/ Gravy Diced Peaches Choice of Milk	6 Mac -N- Cheese Seasoned Peas & Carrots Chilled Peaches Choice of Milk	7 Tony's Cheese Pizza* Fresh Celery and Carrot Sticks Chilled Pineapples Choice of Milk
Fun lunch option for the 3 rd thru 7 th is Cereal fun lunch - Frosted Choc. Mini wheat's cereal w/ hardboiled egg, fruit and milk				
10 Pancakes* w/ Sausage Links(2) Crispy Tater Tots Chilled Mixed Fruit Choice of Milk	11 Chicken and Bean Wet Burrito Refried Beans Mandarin Oranges Choice of Milk	12 Corn Dog on a Stick Fresh Carrot and Celery Tropical Fruit Fluff Choice of Milk	13 Sweet & Sour Chicken White Rice Broccoli Chilled Peaches Choice of Milk	14 Max Pepperoni Pizza* Tossed Spinach Salad W/ Tomatoes Chilled Applesauce Choice of Milk
Fun Lunch option for the 10 th thru 14 th is Pretzels w/ yogurt & string cheese, carrot sticks, apple slices and low fat milk				
17 Baked Breaded Chicken Nuggets* w/ Cornbread Red Beans and Rice Chilled Pears Choice of Milk	18 Cheeseburger on a Whole Wheat Bun* Oven Baked Fries Seasoned Broccoli Chilled Applesauce Choice of Milk	19 Pasta & Italian Meat Sauce Tossed Salad w/ Romaine Lettuce & Tomatoes Dinner roll Banana Choice of Milk	20 French Toast Sticks* w/ Sausage Links Crispy Tater Tots Orange Wedges Choice of Milk	21 Tony's Pepperoni Pizza* Tossed Spinach Salad W/ Tomatoes Chilled Mixed Fruit Choice of Milk
Fun lunch option for the 17 th thru 21 st is-- Junior ham & cheese sub w/ animal crackers, orange and low fat milk				
24 Cheese Quesadilla Spinach Salad W/ Tomatoes Chilled Pears Choice of Milk	25 Turkey and Gravy Mashed Potatoes Seasoned Corn Chilled Peaches Choice of Milk	26 Mini Corn Dogs* w/ Breadstick Seasoned Broccoli Orange Wedges Choice of Milk	27 Beef Ravioli & Meat Sauce w/ Wheat Bread* Rice & Beans Chilled Applesauce Choice of Milk	28 The Max Cheese Pizza* Fresh Celery and Carrot Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk
Fun Lunch option for 24 th -28 th is Pizza Dunks: Whole wheat bagel* , pizza sauce, mozzarella cheese, fresh apple and 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.

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