

Chartwells School Dining Services
Wyoming Public Schools Elementary Lunch Menu
January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Food Focus for January is Brown Rice				
Student Lunch \$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				
2 No School January 2	3 Baked Popcorn Chicken Bites or Turkey Hot Dog on Whole Wheat Bun Warm Baked Beans Chilled Pineapple Tidbits Choice of Milk	4 Classic Hamburger on Whole Wheat Bun or Grilled Chicken Sandwich on Whole Wheat Bun Tossed Romaine Salad Fresh Banana Choice of Milk	5 Pasta & Italian Meat Sauce w/ Dinner Roll or WG Baked Chicken Nuggets Served with WG Biscuit Steamed Broccoli w/ Sprinkled Cheese Orange Wedges Choice of Milk	6 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				
9 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	10 Fresh Taco Salad w/ Tortilla Shell Rounds or Turkey Hot Dog on Whole Wheat Bun Brown Rice & Beans Chilled Peaches Choice of Milk	11 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	12 Whole Grain Pancakes w/ Turkey Sausage Links or WG Baked Chicken Nuggets Served with WG Biscuit Crispy Tater Tots Orange Smiles Choice of Milk	13 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				
16 Baked Popcorn Chicken Bites or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce Fresh Celery Sticks Orange Wedges Choice of Milk	17 Classic Cheeseburger on Whole Wheat Bun or Turkey Hot Dog on Whole Wheat Bun Warm Baked Beans Fruit Crisp Choice of Milk	18 Pepperoni Pizza on Whole Grain Crust or Baked Fish Nuggets w/ Tartar Sauce Tossed Romaine Salad Chilled Applesauce Choice of Milk	19 Half Day!!! Sack Lunch Yogurt, String Cheese, Animal Cracker, Baby Carrots, Fresh Apple and Milk	20 Half Day!!! Sack Lunch Ham and Cheese sub Reduced Fat Doritos, Baby Carrots, Applesauce Cup and Milk
Weekly alternatives: Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit and Milk				
23 Chicken and Red Bean Burrito or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce Brown Rice & Beans Locally Grown MI Apple Choice of Milk	24 WG Breaded Chicken Sandwich on Whole Wheat Bun or Turkey Hot Dog on Whole Wheat Bun Mashed Potatoes Mandarin Oranges Choice of Milk	25 Sloppy Joe Scoops w/ Baked Tortilla Chips or Grilled Chicken Sandwich on Whole Wheat Bun Fresh Broccoli Florets Chilled Peaches Choice of Milk	26 Tossed Romaine Salad w/ Grilled Chicken or WG Baked Chicken Nuggets Served with WG Biscuit Tater Tots Locally Grown MI Cantaloupe Choice of Milk	27 Corn Dog on a Stick or Baked Fish Nuggets w/ Tartar Sauce Baked Potato Wedges Chilled Pineapples Choice of Milk
Weekly Alternatives: Nachos Fun Lunch (Baked Tortilla Scoops, Nacho Cheese, Salsa), Fruit and Milk				

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). USDA is an equal opportunity provider and employer.

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.

Menu subject to change without notice.

Chartwells School Dining Services
Wyoming Public Schools
Breakfast in the Classroom
January 2012

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
2 No School January 2	3 Cinnamon Toast Crunch* Cereal Bar Whole Grain Graham Cracker* Fresh Michigan Apple Served with 1% Low Fat Milk	4 Ultimate Breakfast Round Applesauce Cup Served with 1% Low Fat Milk	5 Smucker's Snack'N Waffle* 100% Orange Juice Served with 1% Low fat Milk	6 WG Muffin* Strawberry Yogurt 100% Apple Juice Served with 1% Low Fat Milk
9 Chocolate Mini Wheat's* Low- Fat String Cheese Fresh Petite Banana Served with 1% Low Fat Milk	10 Strawberry Yogurt Simply Chex Strawberry Mix* Fresh Michigan Apple Served with 1% Low Fat Milk	11 Cinnamon Toast Crunch Cereal Bar Low-Fat String Cheese Grape Fruit Strip Served with 1% Low Fat Milk	12 Eggo Mini Pancakes * 100% Orange Juice Served with 1% Low Fat Milk	13 Reduced Sugar Apple Jacks Low-Fat String Cheese 100% Apple Juice Served with 1% Low Fat Milk
16 Reduced Sugar Trix Whole Grain Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	17 Apple Cinn. Rice Krispie Cereal Bar* Low-Fat String Cheese Fresh Michigan Apple Served with 1% Low Fat Milk	18 Yogurt Granola* Grape Fruit Strip Served with 1% Low Fat Milk	19 Smucker's Snack'N Waffle* 100% Orange Juice Served with 1% Low fat Milk	20 Reduced Sugar Cinnamon Toast Crunch* Goldfish Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk
23 Reduced Sugar Apple Jacks Whole Grain Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	24 WG Muffin* Strawberry Yogurt Fresh Michigan Apple Served with 1% Low Fat Milk	25 Ultimate Breakfast Round Cinnamon Apple Sauce Served with 1% Low Fat Milk	26 Pillsbury Mini Pancakes * 100% Orange Juice Served with 1% Low Fat Milk	27 Chocolate Mini Wheat's* Low- Fat String Cheese 100% Apple Juice Served with 1% Low Fat Milk

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***Items that contain Whole Grains**