

**Chartwells School Dining Services
Wyoming Public Schools
September 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
5 No School Labor Day!!!	6 Smucker's Snack'N Waffle* Fresh Petite Banana Served with 1% Low fat Milk	7 Reduced Sugar Trix Low-Fat String Cheese Fresh Michigan Apple Served with 1% Low Fat Milk	8 WG Muffin* Strawberry Yogurt 100% Orange Juice Served with 1% Low Fat Milk	9 Reduced Sugar Cinnamon Toast Crunch* Whole Grain Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk
12 Pillsbury Mini Pancakes * Fresh Petite Banana Served with 1% Low Fat Milk	13 Reduced Sugar Frosted Flakes* Goldfish Graham Cracker* Fresh Michigan Apple Served with 1% Low Fat Milk	14 WG Muffin* Low-Fat String Cheese 100% Apple Juice Served with 1% Low Fat Milk	15 Strawberry Yogurt Simply Chex Strawberry Mix* 100% Orange Juice Served with 1% Low Fat Milk	16 Fruity Cheerios* Low-Fat String Cheese 100% Apple Juice Served with 1% Low Fat Milk
19 Smucker's Snack'N Waffle* Fresh Petite Banana Served with 1% Low fat Milk	20 Yogurt Granola* Fresh Michigan Apple Served with 1% Low Fat Milk	21 Lucky Charms Whole Grain Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk	22 Apple Cinn. Rice Krispie Cereal Bar* Low-Fat String Cheese 100% Orange Juice Served with 1% Low Fat Milk	23 Reduced Sugar Cinnamon Toast Crunch* Goldfish Graham Cracker* 100% Apple Juice Served with 1% Low Fat Milk
26 Pillsbury Mini Pancakes * Fresh Michigan Apple Served with 1% Low Fat Milk	27 Reduced Sugar Apple Jacks Whole Grain Graham Cracker* Fresh Petite Banana Served with 1% Low Fat Milk	14 Oatmeal Breakfast Square* Low- Fat String Cheese 100% Apple Juice Served with 1% Low Fat Milk	29 WG Muffin* Strawberry Yogurt 100% Orange Juice Served with 1% Low Fat Milk	30 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
September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Food Focus for September is Tomatoes				
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				
5 No Lunch Labor Day!!!	6 Chicken and Bean Wet Burrito Refried Beans Mandarin Oranges Choice of Milk	7 Corn Dog on a Stick Fresh Carrot and Celery Tropical Fruit Fluff Choice of Milk	8 Sweet & Sour Chicken White Rice Broccoli Chilled Peaches Choice of Milk	9 Max Pepperoni Pizza* Tossed Spinach Salad W/ Tomatoes Chilled Applesauce Choice of Milk
Fun lunch option for the 5 th thru 9 th is Cereal fun lunch - Frosted Choc. Mini wheat's cereal w/ hardboiled egg, fruit and milk				
12 Cheeseburger on a Whole Wheat Bun* Oven Baked Fries Seasoned Broccoli Chilled Applesauce Choice of Milk	13 Baked Breaded Chicken Nuggets* w/ Cornbread Red Beans and Rice Chilled Pears Choice of Milk	14 Pasta & Italian Meat Sauce Tossed Salad w/ Romaine Lettuce & Tomatoes Dinner roll Banana Choice of Milk	15 French Toast Sticks* w/ Sausage Links Crispy Tater Tots Orange Wedges Choice of Milk	16 Tony's Pepperoni Pizza* Tossed Spinach Salad W/ Tomatoes Chilled Mixed Fruit Choice of Milk
Fun lunch option for the 12 th thru 16 th is— Junior ham & cheese sub w/ animal crackers, orange and low fat milk				
19 Cheese Quesadilla Spinach Salad W/ Tomatoes Chilled Pears Choice of Milk	20 Turkey and Gravy Mashed Potatoes Seasoned Corn Chilled Peaches Choice of Milk	21 Beef Ravioli & Meat Sauce w/ Wheat Bread* Rice & Beans Chilled Applesauce Choice of Milk	22 Mini Corn Dogs* w/ Breadstick Seasoned Broccoli Orange Wedges Choice of Milk	23 The Max Cheese Pizza* Fresh Celery and Carrot Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk
Fun Lunch option for 19 th -24 th is Pizza Dunks: Whole wheat bagel*, pizza sauce, mozzarella cheese, fresh apple and milk				
26 Breaded Chicken Patty on Whole Wheat Bun* Baked Beans Chilled Pears Choice of Milk	27 Sloppy Joe on a Whole Wheat Bun* Carrot Coins Chilled Peaches Choice of Milk	28 Barbecued Beef Rib Mashed Potatoes w/ Gravy Chilled Mix Fruit Choice of Milk	29 Warm Crispy Chicken* Ranch Salad W/ Tomatoes Dinner Roll Orange Wedges Choice of Milk	30 Double Stuff Pizza* Fresh Broccoli and Cauliflower Chilled Applesauce Choice of Milk
Fun Lunch option for the 26 nd thru 30 th is Nachos fun lunch: Crispy tortilla Scoops, Nacho Cheese, salsa, fruit 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> Cheese Flatbread*	<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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