













**Chartwells School Dining Services**  
**Constantine Public Schools**  
**January 2010**  
**Elementary Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch: \$1.60 Reduced: \$ .40  Breakfast: \$1.10 Reduced: \$ .30	You may fill out a free and reduce form at anytime there is a change in household income or occupants. Contact the Superintendents office.	Pineapple Focus Month - Watch for pineapple on your food bar through out the month	Want more info, visit our website at: <a href="http://www.eatlearnlive.com">www.eatlearnlive.com</a> To sign up for Chartwells parents newsletter	1  HAPPY 2010!!!
4  <b>Balanced Choices Meal:</b> Chicken Noodles w/ Mash Potatoes Dinner Roll Mixed Vegetables Orange Wedges Food Bar Choice of Milk	5  Cheeseburger on a WW Bun Hash Brown Fruit Food Bar Choice of Milk	6 Macaroni & Cheese With Fish Nuggets Dinner Roll Vegetable Fruit Food Bar Choice of Milk	7 Chicken Fries Vegetable Fruit Food Bar Choice of Milk	8 Cheese Pizza Corn Fruit Food Bar Choice of Milk
11 Chili with Crackers Vegetable Fruit Food Bar Choice of Milk	12 Walking Taco Vegetable Fruit Food Bar Choice of Milk	13  <b>Balanced Choices Meal:</b> Beef Ravioli & Meat Sauce w/ Dinner Roll Peas Banana Food Bar Choice of Milk	14 Corn Dog Vegetable Fruit Food Bar Choice of Milk	15 Pepperoni Pizza Corn Applesauce Food Bar Choice of Milk
18  NO SCHOOL  Observance of Martin Luther King Day	19 Nachos w/ Meat, Cheese Vegetable Fruit Food Bar Choice of Milk	20 Bosco Sticks Vegetable Banana Food Bar Choice of Milk	21 Salisbury Steak Mash Potatoes Dinner Roll Applesauce Food Bar Choice of Milk	22  <b>Balanced Choices Meal:</b> Cheese Pizza Corn Fruit Food Bar Choice of Milk
25  Hamburger on a WW Bun Vegetable Fruit Food Bar Choice of Milk	26  <b>Balanced Choices Meal:</b>  Chicken Fajita Corn Fresh Apple Food Bar Choice of Milk	27 Foot Long Hot Dog on a Bun Vegetarian Beans Banana Food Bar Choice of Milk	28 Chicken Nuggets Vegetable Fruit Food Bar Choice of Milk	29 Pepperoni Pizza Corn Applesauce Food Bar Choice of Milk
<u>Alternate Lunches</u> Daily: * Triple Decker Peanut Butter & Jelly Sandwich    Offered Choice of Vegetable, Fruit, and Milk				
<i>Mondays:</i>  Falcon Snack Pack (Go-Gurt, Ham, Cheese, Crackers), Baby Carrots, Food Bar Fruit, and Milk	<i>Tuesdays:</i>   Bologna & Cheese Vegetable Food Bar Fruit, and Milk	<i>Wednesdays:</i>   Turkey & Cheese Wrap Vegetable Fruit Food Bar Milk	<i>Thursdays:</i>   <b>Balanced Choices Meal:</b>  Junior Ham & Cheese Food Bar Fresh Cut Oranges, And Milk	<i>Fridays:</i>  Turkey, Bacon & Swiss on a Sub Bun Food Bar Fruit, and Milk

 \*This menu item is made with whole grain.

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry

Menu Questions or Comments? **Please contact Diane Northrup, 435-8909**

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.



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