
























Chartwells
School Dining Services
Indiana Area Elementary Lunch Menu
March 1st – 31st, 2010

Student lunch \$2.00 Reduced price \$.40

Menu Subject to change due to product availability

Questions or comments? Please call Eleanor Sherry, Food Service Director at 724-463-8713

 **Our Award-Winning Chartwells Balanced Choices® Meal Program** highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Turkey BLT Wrap Oven Baked Fries Chilled Pears Choice of Milk	Happy Birthday Dr Seuss Green Eggs & Ham Biscuit Green Peas Applesauce Low Fat Milk Choice	 Balanced Choices Meal: Spaghetti w/ Italian Meat Sauce Garlic Toast Sticks Seasoned Green Beans Fruit Cocktail Choice of Milk	 Balanced Choices Meal: Twin Soft or Hard Shell Tacos w/ Cheddar Lettuce & Tomato Cup Fresh Carrots Sticks w/ Ranch Dip Fresh Banana Choice of Milk	Cheese Pizza Sweet Corn Mandarin Oranges Choice of Milk
8	9	10	11	12
Toasted Cheese and Turkey Sandwich Chicken Noodle Soup Seasoned Green Beans Chilled Peaches Choice of Milk	 Whole Grain Mini Corn Dogs Nuggets Dipping Sauces Vegetable Crudite Cups  Granny Smith Apple Wedges Choice of Milk	French Toast Sticks w/ Syrup Pan Seared Breakfast Ham Hash Brown Patty Blue Raspberry Applesauce Cups Choice of Milk	Nachos w/ Spicy Meat & Cheese, Lettuce & Tomato Green peas Chilled Pineapple Choice of Milk	Early Dismissal No Lunches Served
15	16	17	18	19
 Balanced Choices Meal: Baked Potato w/Broccoli & Cheddar Cheese  Soft Wheat Pretzel Chilled Peaches Choice of Milk	 Balanced Choices Meal:  Reduced Fat, whole grain Bosco Sticks w/ marinara dipping sauce Sweet Peas Creamy carrot, raisin & pineapple salad Choice of Milk	Go For the Greens Baked Breaded Fish Nuggets Broccoli w/Cheese Sauce Kiwi Wedges Lime Jell-O Low fat Milk Choice Lucky Tray Day	 Balanced Choices Meal: Turkey in Gravy over Noodles Whole Wheat Dinner Roll Tossed Salad w/light dressing Chilled Pears Choice of Milk	 Cheese Pizza Wedge on Whole Wheat Crust Fresh Cucumber Slices  w/ ranch dressing Rainbow Apples Choice of Milk
22	23	24	25	26
 Balanced Choices Meal:  BBQ Pork Rib let Sandwich on WW Bun Green Beans Baked Apple Slices Choice of Milk	Sweet N Sour Popcorn Chicken w/ Fluffy White Rice Steamed Broccoli Chilled Pineapples Choice of Milk	Pizza Burger on a Bun Mashed Potatoes and Gravy Fresh Red and Green Grapes Choice of Milk Chartwells Giveaway: My Pyramid Sticker Game	Meatball Sub Topped w/ Mozzarella Cheese Roasted Carrot Fries Chilled Peaches Choice of Milk	 Balanced Choices Meal:  French Bread Cheese Pizza on Whole Wheat Crust Seasoned Corn Fresh Orange Wedges Trail Mix Choice of Milk
29	30	31		
 Pancakes w/ syrup Sausage Links Hash Brown Patty Juice Cup Choice of Milk	Sloppy Joe Slyders Sugar Snap Peas Fresh Cut Cantaloupe Choice of Milk	Egg and Cheese Filled Bread Sticks Tator Tots Glazed Carrots Chilled Pears Choice of Milk		
Alternate Lunches				
Daily:  Peanut Butter & Jelly Sandwich on Whole Wheat Bun. Offered w/ string cheese, Fresh Baby Carrots, Fruit, and Milk				
Daily: Italian Hoagie on a sub roll, topped with lettuce and pickles. Offered w/fruit, animal crackers and choice of milk				
<i>Mondays:</i>	<i>Tuesdays:</i>	<i>Wednesdays:</i>	<i>Thursdays:</i>	<i>Fridays:</i>
 Turkey Hot Dog on a Whole Wheat Bun w/ baked beans Ham and cheese Sandwich on a Bun	Baked Breaded Chicken Nuggets Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa, Fruit, and Milk	<i>Toasted Cheese Sandwich</i>  Turkey and Cheese Sandwich on whole wheat bread	 Chicken Patty on a Whole Wheat Bun	 Cheeseburger on a Whole Wheat Bun  Junior Chef Salad w/ whole wheat roll