

Elementary Lunch Grades K-5

## March 2009

No Clauses Pulaski Day Pulaski	Monday	Tuesday	Wednesday	Thursday	Friday	<b>Nutrient Analysis</b>
Cut Cara Sponsish Rice Reabler Elf Grahams Sponsish Rice Reabler Elf Grahams Giveaway: Bookmark  I Turkey Hot Dog Bean & Sow Cream Sandwich Veggie Sandwich Turkey Saloage Braza Carrot Reable Almshin Carackers  Austin Lemon Ohs  Collord Greens-Sandwich Veggie Sandwich Chees Burite Pactorose Reables Almshin Carackers  Peace Sandwich Popcon Shrimp Salad  Collord Greens-Sandwich Veggie Sandwich Chees Burite Pactorose Reables Almshin Carackers  Peace Sandwich Popcon Shrimp Salad  Collord Greens-Sandwich Veggie Sandwich Chees Burite Pactorose Reables Almshin Carackers  Peace Sandwich Popcon Shrimp Salad  Collord Greens-Sandwich Veggie Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Veggie Sandwich Chees Sandwich Chees Sandwich Chees Sandwich Chees Sandwich Veggie Sandwich Chees Ch	No Classes	Nachos Turkey Hot Dog Turkey Bologna Wrap	Meat Sauce- Italian Meatball Sandwich PB & J Wafer Bar	or Turkey Sausage Pizza Veggie Sandwich	Tyson Chicken Nuggets Turkey Breast Sandwich	Total Fat (g): 22 Saturated Fat (g): 8 Sodium (mg): 1276 Carbohydrates (g): 100 Protein (g): 25
Tyson Chicken Porty Sondwich Veggie Quesadilla Turkey Han & Cheese Sandwich Poptorn Shrimp Salad  Collard Greens- Mashed Sweet Pototoes Keebler Animals Crackers Turkey Nation Poptor Sandwich Yogurf Fruit Salad Peas  Carrot Bread  Austin Lemon Ohs  Combread Austin Lemon Ohs  Austin Lemon Ohs  Com of Torkey Macrotoes Sandwich Torkey Han & Cheese Sandwich Garden Salad  Corrot Bread  Turkey Han Dog Bean & Sour Cream Burrita Dawled Bean & Sour Cheese Sandwich Garden Salad Chees Barrita Dawled Bean & Sour Cheese Soundwich Garden Salad Cheese Austin Lemon Ohs  Torsed Salad Double Fudge Cookie  Pish Patty Sandwich Chef Salad Double Fudge Cookie Dawled Cheese Cheese Ravioli Dawled Veggie Sandwich Chef Solad Double Fudge Cookie Dawled Cheese Cookies Dawled Bean & Sour Cheese Sour Chicken Patty Dawled Bean & Sour Cheese Dawled Bean & Sour		Spanish Rice Keebler Elf Grahams	Garlic Bread- A Chicken Noodle Soup w/ Crackers	Raisins <b>Pyramid Pete</b> Chocolate	Oven Baked French Fries Comfort Cake Vanilla	Vitamin C (mg): 20 Calcium (mg): 531
Collard Greens- Mashed Sweet Pototoes Keebler Animals Crackers Peas Peas Pototoes Keebler Animals Crackers Peas Peas Peas Peas Peas Peas Pototoes Keebler Animals Crackers Peas Peas Peas Peas Peas Peas Peas Pototoes Keebler Animals Crackers Peas Peas Peas Peas Peas Pototoes Keebler Animals Crackers Peas Peas Peas Peas Peas Peas Pototoes Realing Peas Pototoes Realing Peas Pototoes	Patty Sandwich- Veggie Quesadilla Turkey Ham & Cheese Sandwich	Chili Mac Toasted Cheese Sandwich Turkey Salami Wrap	Turkey Hot Dog <b>Bean &amp; Sour Cream</b> <b>Burrito</b> Turkey Bologna Sandwich	A-Sloppy Joes Tyson Chicken Sticks PB & J Wafer Bar	Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich	Total Fat (g): 21 Saturated Fat (g): 7 Sodium (mg): 1264 Carbohydrates (g): 103 Protein (g): 26
Chicken Corm Dog Italian Grilled Cheese Urrito Yogurt & Fruit Salad  Peas & Carrots Pototo Wedges Austin Vanilla Crème Cookies  Turkey Hot Dog Egg & Pototo Brunch Bowl Veggie Sandwich Chef Salad  Carrot Coins Vegges Sandwich Chef Salad  Carrot Coins Vegetarrian Beans Austin Lemon Ohs  Carrot Coins Vegetarrian Beans Austin Lemon Ohs  Austin Lemon Ohs  Total Fat (g): 23  Tony's Thin Crust Cheese or Tony's Thin Crust Cheese or Tony's Thin Crust Cheese (Cheese Ravioli Turkey Sandwich Chef Solad Turkey Bologna Wrop Popcorn Shrimp Salad  Tony's Thin Crust Cheese (Tony or Turkey Sandwich Chef Boyardee Cheese Ravioli Turkey Sandwich on a Bun Garden Salad Comfort Cake Lemon Pound Cake w/ Icing  Total Fat (g): 23  Saturated Fat (g): 8  Sodium (mg): 1112  Carbohydrates (g): 103  Protein (g): 25  Vitamin A (IU): 1569  Vitamin C (mg): 16  Calcium (mg): 411  Iron (mg): 5  Spring  Chesse Barrito Cheese Ravioli  Turkey Sandwich Chef Solad  Comfort Cake Lemon Pound Cake w/ Icing  Calories: 682  Total Fat (g): 23  Saturated Fat (g): 25  Vitamin A (IU): 1569  Vitamin C (mg): 411  Iron (mg): 411  Iron (mg): 411  Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Bologna  Sandwich Garden Salad  Carrot Coins  Vegetarrian Beans  Austin Dolphin & Friends  Carrot Beans  Sponish Rice  Carrot Bread  Tomato Soup w/  Crackers  Austin Dolphin & Friends  Crackers  Austin Dolphin & Friends  Crackers  Tomato Soup w/  Crackers  Austin Dolphin & Friends  Carrot Beans  Sponish Rice  Carrot Bread  Tony's Thin Crust Cheese  Total Fat (g): 6  Chesse Ravioli  Turkey Bologna  Tony's Thin Crust Cheese  Or Turkey Sausage Pizza  Turkey Bologna  Tony's Thin Crust Cheese  Or Turkey Sausage Pizza  Turkey Bologna  Tony's Thin Crust Cheese  Or Turkey Sausage Pizza  Turkey Bologna  Sandwich  Chef Boyardee Cheese  Ravioli  Torkey Sandwich  Chef Boyardee Cheese  Ravioli  Torkey Sandwich  Chef Boyardee Cheese  Ravioli  Torkey Sauder Saud  Carrot Beans  Sponish Rice  Carro	Aushed Sweet Potatoes Keebler Animals Crackers -Pear	Cornbread Austin Lemon Ohs	Vegetarian Beans Carrot Bread	Cheesy Mac- Grandma Maud's Chocolate Chip Cookie A -Banana	Tossed Salad Double Fudge Cookie	Calcium (mg): 476
Turkey Hot Dog Egg & Potato Brunch Bowl Veggie Sandwich Chef Salad  Carrot Coins Vegetarian Beans Austin Lemon Ohs  23  Turkey Hot Dog Egg & Potato Brunch Bowl Veggie Sandwich Chef Salad  Carrot Coins Vegetarian Beans Austin Lemon Ohs  24  Rio Grande Rotini- Toasted Cheese Sandwich PB & J Wafer Bar Sweet & Sour Chicken Salad  Tomy's Thin Crust Cheese or Turkey Sausage Pizza Turkey Bologna Sandwich Garden Salad  Popcorn Shrimp Salad  Professional Development Day  Carrot Bread  Calories: Calories: Calories: Total Fat (g): Saturated Fat (g): Sodium (mg): 1311 Carbohydrates (g): 103 Professional Development Day  Vitamin A (IU): 1842 Vitamin C (mg): 22 Calcium (mg): 44  Carrot Bread Crackers	Chicken Corn Dog Italian Grilled Cheese Turkey Salami Sandwich Yogurt & Fruit Salad  Peas & Carrots Potato Wedges Austin Vanilla Crème	-Spaghetti w/ Meatballs Cheese Burrito PB & J Wafer Bar Chef Salad  -Tossed Salad Garlic Bread Pyramid Pete Green Sugar Cookie	Tyson Chicken Patty Sandwich BBQ Beef Rib Sandwich Veggie Sandwich Chef Salad  Corn on the Cob Potato Rounds Comfort Cake Lemon	Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Bologna Wrap Popcorn Shrimp Salad  Green Beans Raisins Austin Dolphin & Friends	Fish Patty Sandwich Chef Boyardee Cheese Ravioli Turkey Sandwich on a Bun Garden Salad  Brown Rice- Grandma Maud's Chocolate Chip Cookie	Total Fat (g): 23 Saturated Fat (g): 8 Sodium (mg): 1112 Carbohydrates (g): 103 Protein (g): 25 Vitamin A (IU): 1569 Vitamin C (mg): 16 Calcium (mg): 411
	Turkey Hot Dog Egg & Potato Brunch Bowl Veggie Sandwich Chef Salad  Carrot Coins Vegetarian Beans Austin Lemon Ohs	Rio Grande Rotini- Toasted Cheese Sandwich PB & J Wafer Bar Sweet & Sour Chicken Salad Peas- Tomato Soup w/ Crackers -Keebler Elf Grahams	Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Bologna Sandwich Garden Salad  Cut Corn Raisins Austin Dolphin & Friends	Chili Nachos Chef Boyardee Cheese Ravioli Turkey Salami Wrap Popcorn Shrimp Salad  Green Beans Spanish Rice	No Classes Professional	Total Fat (g): 19 Saturated Fat (g): 6 Sodium (mg): 1311 Carbohydrates (g): 103 Protein (g): 25 Vitamin A (IU): 1842 Vitamin C (mg): 22 Calcium (mg): 494

Meatless Option, Fresh Fruit Choice, and Milk offered daily. All Balanced Choices Meals Include Milk. Students must take an entrée, 1 to 3 sides, and may take a milk. Students must take a minimum of 3 or a maximum of 5 food items. 5th item must be a milk. Items marked with a indicate a whole grain item. Items marked with indicate frozen, local produce.

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. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Please contact Bob Bloomer at (773) 722-4964 http://www.cthatcps.com

eat learn live





## eat learn



Elementary Lunch Grades 6-8

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	<b>Nutrient Analysis</b>
No Classes Pulaski Day	Nachos Turkey Hot Dog Turkey Bologna Wrap Garden Salad	Spaghetti w/ Turkey Meat Sauce- Italian Meatball Sandwich PB & J Wafer Bar Chef Salad	5 Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> <b>Popcorn Shrimp Salad</b>	Italian Grilled Cheese Tyson Chicken Nuggets Turkey Breast Sandwich Yogurt & Fruit Salad	Calories: 809 Total Fat (g): 26 Saturated Fat (g): 8 Sodium (mg): 1390 Carbohydrates (g): 117 Protein (g): 28 Vitamin A (IU): 2636
	Cut Corn Spanish Rice Keebler Elf Grahams  Giveaway: Bookmai	Mixed Veggies- Garlic Bread- Chicken Noodle Soup w/ Crackers -Apple	Carrot Coins Raisins <b>Pyramid Pete</b> Chocolate Cookie	Green Beans Oven Baked French Fries Comfort Cake Vanilla Pound Cake w/ Icing	Vitamin C (mg): 23 Calcium (mg): 548 Iron (mg): 5
9	10	11	12	13	Calories: 783
Tyson Chicken Patty Sandwich-	Chili Mac <b>Toasted Cheese</b>	Turkey Hot Dog Bean & Sour Cream	Sloppy Joes Tyson Chicken Sticks	Tony's Thin Crust Cheese or Turkey	Total Fat (g): 23
Veggie Quesadilla	Sandwich	Burrito	PB & J Wafer Bar	Sausage Pizza	Saturated Fat (g): 7
Turkey Ham & Cheese Sandwich	Turkey Salami Wrap Yogurt Fruit Salad	Turkey Bologna Sandwich	Chef Salad	<b>Veggie Sandwich</b> Chef Salad	Sodium (mg): 1424 Carbohydrates (g): 116
Popcorn Shrimp Salad	109011 11011 34144	Garden Salad			Protein (g): 30
Collard Greens- Andshed Sweet Potatoes Keebler Animals Crackers Pear	Carrots Cornbread Austin Lemon Ohs	Peas Vegetarian Beans Carrot Bread	Green Beans- Cheesy Mac- Grandma Maud's Chocolate Chip Cookie -Banana	Corn Tossed Salad Double Fudge Cookie	Vitamin A (IU): 3923 Vitamin C (mg): 22 Calcium (mg): 512 Iron (mg): 5
16	17	18	19	20	Calories: 786
Chicken Corn Dog Italian Grilled Cheese	▲ Spaghetti w/ Meatballs	Tyson Chicken Patty Sandwich	Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza	Chef Boyardee	Total Fat (g): 25 Saturated Fat (g): 8
Turkey Salami Sandwich	Cheese Burrito	BBQ Beef Rib Sandwich	Turkey Bologna Wrap	Cheese Ravioli	Sodium (mg): 1220
Yogurt & Fruit Salad	PB & J Wafer Bar Chef Salad	Veggie Sandwich Chef Salad	Popcorn Shrimp Salad	Turkey Sandwich on a Bun	Carbohydrates (g): 115
	Cher durad	cher darad		Garden Salad	Protein (g): 27 Vitamin A (IU): 1700
Peas & Carrots	-Tossed Salad Garlic Bread	Corn on the Cob	Green Beans	Mixed Veggies-	Vitamin C (mg): 18
Potato Wedges	Pyramid Pete Green	Potato Rounds	Raisins	Brown Pice	Calcium (mg): 419 Iron (mg): 5
Austin Vanilla Crème Cookies	Sugar Cookie	Comfort Cake Lemon Pound Cake w/ Icing	Austin Dolphin & Friends Crackers	Grandma Maud's Chocolate Chip Cookie	non (mg).
Cookies	🛕 -Pear	round Cake w/ Iding	Crackers	A -Orange	Spring
23	24	25	26	27	
Turkey Hot Dog	Rio Grande Rotini- 🛕	Tony's Thin Crust Cheese	Chili Nachos	27	Calories: 785 Total Fat (g): 21
Egg & Potato Brunch	Toasted Cheese	or Turkey Sausage Pizza	Chef Boyardee <b>Cheese</b>	No Classes	Total Fat (g): 21 Saturated Fat (g): 7
Bowl Veggie Sandwich	Sandwich PB & J Wafer Bar	Turkey Bologna Sandwich	Ravioli Turkey Salami Wrap		Sodium (mg): 1512
Chef Salad	Sweet & Sour Chicken	Garden Salad	Popcorn Shrimp Salad		Carbohydrates (g): 119 Protein (g): 29
	Salad		Serve d	Professional Development Day	Vitamin A (IU): 1974
Carrot Coins	Peas- 🛕	Cut Corn	Green Beans	20.0.000	Vitamin C (mg): 23
Vegetarian Beans Austin Lemon Ohs	Tomato Soup w/ Crackers	Raisins Austin Dolphin & Friends	Spanish Rice Carrot Bread		Calcium (mg): 515 Iron (mg): 5
	&-Keebler Elf Grahams	Crackers	Curror breau		non (mg).
	🛕 -Banana				

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