



Chartwells School Dining Services at St. Mary
October 23rd-November 17th
Student Lunch \$2.65 Reduced \$0.40

A full student lunch includes a choice of entrée supplying protein and grain, up to two (2) vegetable side dishes, two (2) fruit side dishes, and milk. Milk choices include 1% white and skim chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
23 Waffles and sausage Hashbrown <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots & Celery Cucumber slices Cinnamon Applesauce	24 Taco Refried Beans <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots Red & Green Pepper Strips Chilled Pineapple	25 Popcorn Chicken & Breadstick Green Beans <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Broccoli Fresh Fruit Mandarin Oranges	26 Mini Corndog with Dinner Roll Seasoned Peas & Carrots <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Cauliflower Chilled Pears Fresh Banana	27 Cheesy Pizza Baked Beans <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Sugar Snap Peas Fresh Apple Chilled Peaches
30 Cheeseburger on Bun Oven Fries <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots & Celery Cucumber slices Cinnamon Applesauce	31 Beef Nachoes Refried Beans <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots Red & Green Pepper Strips Chilled Pineapple	1 Mashed Potato Bowl Seasoned Corn <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Broccoli Fresh Fruit Mandarin Oranges	2 Cheesy Pasta Bake with Garlic stick Seasoned Peas & Carrots <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Cauliflower Fresh Banana Chilled Pears	3 Cheesy Pizza Green Beans <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Sugar Snap Peas Fresh Apple Chilled Peaches
7 Pancakes with Sausage Hashbrown <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Cucumber slices Cinnamon Applesauce	7 Peach Parfait with Granola Seasoned Corn <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Red & Green Pepper Strips Pineapple Tidbits	8 Cheese Quesadilla Refried beans <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Broccoli Mandarin Oranges Fresh Fruit	9 Turkey Gravy over Mashed Potatoes with biscuit Seasoned Peas & Carrots <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Cauliflower Chilled Pears Fresh Banana	10 1/2 Day <u>No lunch</u>
13 French Toast Sticks with Sausage Oven Tots <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots & Celery Cinnamon Applesauce Cucumber slices	14 Hotdog on Bun Curly fries <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Red & Green Pepper Strips Pineapple Tidbits	15 <u>No school</u>	16 Chicken Tenders with Dinner Roll Baked Oven Fries <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Cheez It Crackers Fresh Cauliflower Fresh Banana	17 Cheesy Pizza Green Beans <u>Fruit & Veggie Bar</u> Romaine Blend Lettuce Sugar Snap Peas Chilled Peaches Fresh Apple
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk)				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Chicken Nuggets with WG Roll	Classic Pepperoni Pizza	Bosco Sticks with Dipping Sauce	Yogurt & String Cheese Fun Lunch	Turkey & American Sub

Questions or Comments? Please call Lauri Grace Food Service Director 989-587-5100 or grace@pwschools.org

Do you think your family may qualify for free or reduced meals?

Apply on-line: www.lunchapp.com

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