




# Menu

## 3 Entree Lunch Grades K-5 February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1 Tyson Chicken Patty Sandwich Turkey Bologna Wrap <b>Garden Salad</b></p> <p>Peas Mashed Sweet Potatoes <b>Eat.Learn.Live</b> Chocolate Chip Cookies</p>	<p>2 <b>NEW</b> Swedish Meatballs w/ Rice <b>Veggie Sandwich</b> Chef Salad</p> <p>Crinkle Cut Zucchini Tossed Salad Comfort Cake Lemon Pound Cake w/ Icing <b>Groundhog Day</b></p>	<p>3 Whole Wheat Cheesy Mac w/ Turkey Ham <b>PB &amp; J Wafer Bar</b> Chef Salad</p> <p>Green Beans Raisins Chicken Noodle Soup w/ Crackers</p>	<p>4 Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey Salami Sandwich <b>Popcorn Shrimp Salad</b></p> <p>Shoestring Carrots Applesauce Crunchy Fruit Crisp</p>	<p>5 Turkey Hot Dog Turkey Breast Sandwich <b>Yogurt &amp; Fruit Salad</b></p> <p>Corn Oven Baked French Fries Vegetarian Beans</p>	<p>Calories: 683 Total Fat (g): 18 Saturated Fat (g): 6 Sodium (mg): 1303 Carbohydrates (g): 106 Protein (g): 25 Vitamin A (IU): 2305 Vitamin C (mg): 28 Calcium (mg): 455 Iron (mg): 4</p>
<p>8 Cheeseburger <b>Veggie Sandwich</b> Chef Salad</p> <p>Carrot Coins Baked Potato Diced Pears</p>	<p>9 Whole Wheat Spaghetti w/ Turkey Meat Sauce <b>PB &amp; J Wafer Bar</b> <b>Popcorn Shrimp Salad</b></p> <p>Cut Green Beans Garlic Bread Grandma Maud's Sugar Cookie</p>	<p>10 Glazed Turkey Ham Turkey Salami Wrap <b>Garden Salad</b></p> <p>Peas Mashed Sweet Potatoes Apple Bread</p>	<p>11 No Classes Staff Development Day</p>	<p>12 No Classes Lincoln's Birthday</p> 	<p>Calories: 681 Total Fat (g): 16 Saturated Fat (g): 6 Sodium (mg): 959 Carbohydrates (g): 109 Protein (g): 26 Vitamin A (IU): 3570 Vitamin C (mg): 33 Calcium (mg): 408 Iron (mg): 4</p>
<p>15 No Classes President's Day</p> 	<p>16 Tyson Chicken Thigh Turkey Breast Sandwich <b>Popcorn Shrimp Salad</b></p> <p><b>NEW</b> Seasoned Collards Red Beans &amp; Rice Diced Peaches <b>Mardi Gras</b></p>	<p>17 <b>Fish Patty Sandwich</b> Turkey Bologna Wrap <b>Garden Salad</b></p> <p>Cut Corn Baked Sweet Potato Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>18 Whole Wheat Spaghetti w/ Meatballs <b>PB &amp; J Wafer Bar</b> Chef Salad</p> <p>Mixed Veggies Garlic Bread Apple Fruit Crisp</p>	<p>19 Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> Sweet &amp; Sour Chicken Salad</p> <p>Carrot Coins Raisins <b>Eat.Learn.Live</b> Sugar Cookie</p>	<p>Calories: 714 Total Fat (g): 20 Saturated Fat (g): 6 Sodium (mg): 1001 Carbohydrates (g): 107 Protein (g): 30 Vitamin A (IU): 9996 Vitamin C (mg): 36 Calcium (mg): 463 Iron (mg): 4</p>
<p>22 Hamburger or Kellogg's <b>Gardenburger</b> Turkey Ham Sandwich <b>Garden Salad</b></p> <p>Peas Baked Potato Vegetarian Beans</p>	<p>23 <b>Fish Sticks</b> Turkey Bologna Sandwich Chef Salad</p> <p>Carrot Coins Brown Rice Apple Bread</p>	<p>24 Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> <b>Popcorn Shrimp Salad</b></p> <p>Crinkle Cut Yellow Squash Diced Apricots Tossed Salad</p>	<p>25 Beef or <b>Cheese Nachos</b> <b>PB &amp; J Wafer Bar</b> <b>Yogurt &amp; Fruit Salad</b></p> <p>Green Beans Spanish Rice Grandma Maud's Sugar Cookie</p>	<p>26 <b>Toasted Cheese Sandwich</b> Turkey Salami Wrap Chef Salad</p> <p>Corn Oven Baked French Fries Tomato Soup w/ Crackers</p>	<p>Calories: 700 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1329 Carbohydrates (g): 102 Protein (g): 28 Vitamin A (IU): 2312 Vitamin C (mg): 34 Calcium (mg): 522 Iron (mg): 4</p>



**Meatless Option, Fresh Fruit Choice, and Milk offered daily. All Balanced Choices Meals Include Milk and choice of fresh fruit. 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  indicate frozen, local produce. *Italicized items indicate whole grain item.***

This institution is an equal opportunity provider. 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>



# MENU

## 3 Entree Lunch Grades 6-8 February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1</p> <p> Tyson Chicken Patty Sandwich Turkey Bologna Wrap <b>Garden Salad</b></p> <p> Peas  Mashed Sweet Potatoes <b>Eat.Learn.Live</b> Chocolate Chip Cookies</p>	<p>2</p> <p><b>NEW</b>  Swedish Meatballs w/ Rice <b>Veggie Sandwich</b> Chef Salad</p> <p> Crinkle Cut Zucchini Tossed Salad Comfort Cake Lemon Pound Cake w/ Icing <b>Groundhog Day</b></p>	<p>3</p> <p>Whole Wheat Cheesy Mac w/ Turkey Ham <b>PB &amp; J Wafer Bar</b> Chef Salad</p> <p>Green Beans Raisins Chicken Noodle Soup w/ Crackers</p>	<p>4</p> <p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey Salami Sandwich <b>Popcorn Shrimp Salad</b></p> <p> Shoestring Carrots Applesauce  Crunchy Fruit Crisp</p>	<p>5</p> <p> Turkey Hot Dog Turkey Breast Sandwich <b>Yogurt &amp; Fruit Salad</b></p> <p>Corn Oven Baked French Fries Vegetarian Beans</p>	<p>Calories: 816 Total Fat (g): 22 Saturated Fat (g): 8 Sodium (mg): 1558 Carbohydrates (g): 128 Protein (g): 29 Vitamin A (IU): 3216 Vitamin C (mg): 30 Calcium (mg): 497 Iron (mg): 5</p>
<p>8</p> <p>Cheeseburger <b>Veggie Sandwich</b> Chef Salad</p> <p> Carrot Coins Baked Potato Diced Pears</p>	<p>9</p> <p>Whole Wheat  Spaghetti w/ Turkey Meat Sauce <b>PB &amp; J Wafer Bar</b> <b>Popcorn Shrimp Salad</b></p> <p> Cut Green Beans Garlic Bread <i>Grandma Maud's</i> Sugar Cookie</p>	<p>10</p> <p>Glazed Turkey Ham Turkey Salami Wrap <b>Garden Salad</b></p> <p>Peas Mashed Sweet Potatoes Apple Bread</p>	<p>11</p> <p>No Classes Staff Development Day</p>	<p>12</p> <p>No Classes Lincoln's Birthday</p> 	<p>Calories: 787 Total Fat (g): 19 Saturated Fat (g): 6 Sodium (mg): 1142 Carbohydrates (g): 127 Protein (g): 31 Vitamin A (IU): 5088 Vitamin C (mg): 36 Calcium (mg): 431 Iron (mg): 5</p>
<p>15</p> <p>No Classes President's Day</p> 	<p>16</p> <p>Tyson Chicken Thigh Turkey Breast Sandwich <b>Popcorn Shrimp Salad</b></p> <p><b>NEW</b>  Seasoned Collards Red Beans &amp; Rice Diced Peaches <b>Mardi Gras</b></p>	<p>17</p> <p><b>Fish Patty Sandwich</b>  Turkey Bologna Wrap <b>Garden Salad</b></p> <p> Cut Corn  Baked Sweet Potato Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>18</p> <p>Whole Wheat Spaghetti w/ Meatballs <b>PB &amp; J Wafer Bar</b> Chef Salad</p> <p> Mixed Veggies  Garlic Bread Apple Fruit Crisp</p>	<p>19</p> <p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> Sweet &amp; Sour Chicken Salad</p> <p>Carrot Coins Raisins <b>Eat.Learn.Live</b> Sugar Cookie</p>	<p>Calories: 803 Total Fat (g): 22 Saturated Fat (g): 7 Sodium (mg): 1136 Carbohydrates (g): 123 Protein (g): 33 Vitamin A (IU): 10194 Vitamin C (mg): 37 Calcium (mg): 479 Iron (mg): 5</p>
<p>22</p> <p> Hamburger or Kellogg's <b>Gardenburger</b> Turkey Ham Sandwich <b>Garden Salad</b></p> <p> Peas  Baked Potato Vegetarian Beans</p>	<p>23</p> <p> <b>Fish Sticks</b> Turkey Bologna Sandwich Chef Salad</p> <p> Carrot Coins  Brown Rice Apple Bread</p>	<p>24</p> <p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> <b>Popcorn Shrimp Salad</b></p> <p> Crinkle Cut Yellow Squash Diced Apricots Tossed Salad</p>	<p>25</p> <p>Beef or <b>Cheese Nachos</b> <b>PB &amp; J Wafer Bar</b> <b>Yogurt &amp; Fruit Salad</b></p> <p>Green Beans Spanish Rice <i>Grandma Maud's</i> Sugar Cookie</p>	<p>26</p> <p><b>Toasted Cheese Sandwich</b> Turkey Salami Wrap Chef Salad</p> <p>Corn Oven Baked French Fries Tomato Soup w/ Crackers</p>	<p>Calories: 802 Total Fat (g): 23 Saturated Fat (g): 8 Sodium (mg): 1437 Carbohydrates (g): 118 Protein (g): 31 Vitamin A (IU): 2344 Vitamin C (mg): 35 Calcium (mg): 538 Iron (mg): 5</p>

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