

# Menu

## Elementary Lunch Grades K-5 February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1</p> <p> Tyson Chicken Patty Sandwich <b>Bean &amp; Sour Cream Burrito</b> <i>Turkey Bologna Wrap</i> <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 Chef Boyardee <b>Cheese Ravioli</b> <b>Veggie Sandwich</b> Chef Salad</p> <p> Crinkle Cut Zucchini Tossed Salad <i>Comfort Cake</i> Lemon Pound Cake w/ Icing <b>Groundhog Day</b></p>	<p>3</p> <p><i>Whole Wheat Cheesy Mac</i> w/ Turkey Ham Tyson Chicken Nuggets <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 <b>Toasted Cheese Sandwich</b> Turkey Breast Sandwich <b>Yogurt &amp; Fruit Salad</b></p> <p>Corn Oven Baked French Fries Vegetarian Beans</p>	<p>Calories: 681 Total Fat (g): 18 Saturated Fat (g): 6 Sodium (mg): 1294 Carbohydrates (g): 106 Protein (g): 25 Vitamin A (IU): 2323 Vitamin C (mg): 28 Calcium (mg): 456 Iron (mg): 4</p>
<p>8</p> <p>Cheeseburger <b>Fish Sticks</b> <b>Veggie Sandwich</b> Chef Salad</p> <p> Carrot Coins Baked Potato Diced Pears</p>	<p>9</p> <p><i>Whole Wheat Spaghetti</i> w/ Turkey Meat Sauce <b>Cheese Burrito</b> <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 <b>Veggie Quesadilla</b> <i>Turkey Salami Wrap</i> <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></p>	<p>Calories: 684 Total Fat (g): 17 Saturated Fat (g): 6 Sodium (mg): 978 Carbohydrates (g): 109 Protein (g): 26 Vitamin A (IU): 3572 Vitamin C (mg): 33 Calcium (mg): 416 Iron (mg): 4</p>
<p>15</p> <p>No Classes President's Day</p> <p></p>	<p>16</p> <p>Tyson Chicken Thigh <b>Toasted Cheese Sandwich</b> 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> Chef Boyardee Beef Ravioli <i>Turkey Bologna Wrap</i> <b>Garden Salad</b></p> <p> Cut Corn  Baked Sweet Potato <i>Comfort Cake</i> Lemon Pound Cake w/ Icing</p>	<p>18</p> <p><i>Whole Wheat Spaghetti</i> w/ Meatballs Tyson Chicken Sticks <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: 709 Total Fat (g): 20 Saturated Fat (g): 6 Sodium (mg): 1003 Carbohydrates (g): 107 Protein (g): 29 Vitamin A (IU): 9993 Vitamin C (mg): 36 Calcium (mg): 463 Iron (mg): 4</p>
<p>22</p> <p> Hamburger or Kellogg's <b>Gardenburger</b> <b>Bean &amp; Sour Cream Burrito</b> Turkey Ham Sandwich <b>Garden Salad</b></p> <p> Peas  Baked Potato Vegetarian Beans</p>	<p>23</p> <p><b>Fish Sticks</b> *Pancake Sandwich  Turkey Bologna Sandwich Chef Salad</p> <p> Carrot Coins  Brown Rice  Apple Bread *Monthly Specialty Item</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><i>Beef or Cheese Nachos</i> Turkey Hot Dog <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> Italian Meatball Sandwich <i>Turkey Salami Wrap</i> Chef Salad</p> <p>Corn Oven Baked French Fries Tomato Soup w/ Crackers</p>	<p>Calories: 704 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1346 Carbohydrates (g): 104 Protein (g): 28 Vitamin A (IU): 2295 Vitamin C (mg): 34 Calcium (mg): 516 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.thatcps.com>



# MENU

## Elementary Lunch Grades 6-8 February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1</p> <p> Tyson Chicken Patty Sandwich <b>Bean &amp; Sour Cream Burrito</b> 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 Chef Boyardee <b>Cheese Ravioli</b> <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 Tyson Chicken Nuggets <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 <b>Toasted Cheese Sandwich</b> Turkey Breast Sandwich <b>Yogurt &amp; Fruit Salad</b></p> <p>Corn Oven Baked French Fries Vegetarian Beans</p>	<p>Calories: 805 Total Fat (g): 21 Saturated Fat (g): 7 Sodium (mg): 1527 Carbohydrates (g): 126 Protein (g): 28 Vitamin A (IU): 3226 Vitamin C (mg): 30 Calcium (mg): 493 Iron (mg): 5</p>
<p>8</p> <p>Cheeseburger <b>Fish Sticks</b> <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>Cheese Burrito</b> <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</p> <p>Glazed Turkey Ham <b>Veggie Quesadilla</b> 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: 784 Total Fat (g): 19 Saturated Fat (g): 6 Sodium (mg): 1151 Carbohydrates (g): 126 Protein (g): 31 Vitamin A (IU): 5078 Vitamin C (mg): 35 Calcium (mg): 438 Iron (mg): 5</p>
<p>15</p> <p>No Classes President's Day</p> 	<p>16</p> <p>Tyson Chicken Thigh <b>Toasted Cheese Sandwich</b> 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>  Chef Boyardee Beef Ravioli 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  Tyson Chicken Sticks <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: 798 Total Fat (g): 22 Saturated Fat (g): 7 Sodium (mg): 1146 Carbohydrates (g): 122 Protein (g): 33 Vitamin A (IU): 10186 Vitamin C (mg): 37 Calcium (mg): 479 Iron (mg): 5</p>
<p>22</p> <p> Hamburger or Kellogg's <b>Gardenburger</b> <b>Bean &amp; Sour Cream Burrito</b> Turkey Ham Sandwich <b>Garden Salad</b></p> <p> Peas   Baked Potato  Vegetarian Beans</p>	<p>23</p> <p><b>Fish Sticks</b> *Pancake Sandwich  Turkey Bologna Sandwich Chef Salad</p> <p> Carrot Coins  Brown Rice  Apple Bread </p> <p>*Monthly Specialty Item</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> Turkey Hot Dog <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</p> <p><b>Toasted Cheese Sandwich</b> Italian Meatball Sandwich 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): 7 Sodium (mg): 1447 Carbohydrates (g): 119 Protein (g): 30 Vitamin A (IU): 2326 Vitamin C (mg): 35 Calcium (mg): 531 Iron (mg): 5</p>

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