

The National 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.

Go to MyPyramid.gov for online personal wellness resources for you and your family.



**Chartwells School District Marlborough Elmer Thienes & Mary Hall Elementary School
Lunch Menu November 1 – November 30, 2011
Student lunch \$2.35 Reduced price \$0.40**

Questions or comments? **MENU SUBJECT TO CHANGE**
Please call Chef David R. Bates, Food Service Director at 860-295-6220

**November Food Focus : Where Food comes from.
What Holiday It Is Around The World**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Fajitas Made With White Meat Chicken On A Whole Wheat Tortilla & Salsa Orange Smiles South West Corn And Black Bean Salad	2 Whole Grain Pasta With Whole Made Marinara Sauce Warm Garlic Bread Stick Steamed Broccoli Red Grapes Butternut Squash	3 Stir Fried Veggies With Black Beans Or Chicken Stir Fry Served over Brown Rice Petite Banana Fresh Steamed Broccoli	4 Homemade Fresh Baked Pizza On Whole Grain Crust Cucumber Coins With Hummus Sliced Peaches
7 Hamburger Or Veggie Burger On A Whole Wheat Bun Roasted Home Made Carrot Fries Fresh Apple Crisp	8 Toasted Cheese Sandwich On Whole Wheat Tomato Soup Carrot Sticks And Red Bell Pepper Strips Fruit Salad With Kiwi	9 Oven Baked Whole Grain Chicken Nuggets Homemade sweet And Sour Sauce Rice & Beans Broccoli Peas Chilled Apricots	10 Pork Lo Mein Made With Fresh Pork <i>Made with whole grain noodles</i> Seasoned Oriental Vegetables Fresh Pear	11 Veteran's Day No Lunch Served
14 Red Rotini & And Italian Meat sauce Seasoned Italian Vegetables Whole Wheat Dinner Roll Warm Cinnamon Apples	15 Whole Grain French Toast Sticks Warm Homemade Blueberry Topping Turkey Sausage Baked Potato wedges Sliced Cantaloupe	16 Thanks Giving Pre Celebration Meal Carved Roast Turkey With Homemade Pan Gravy Mashed Sweet Potatoes Seasoned Green Beans Petite Banana Whole Grain Dinner Roll	17 Whole Grain Baked Tostitos Chips With Bean And Beef And Homemade Cheese Sauce Baked Tortilla Chips Brown Rice Seasoned Corn Fresh Crisp Apple	18 Oven Roasted Chicken Homemade Macaroni & Cheese Whole Wheat Dinner Roll Seasoned Carrots & Onions Strawberry Cup
21 Tostado With Grilled Veggies <i>Made with corn tortillas</i> Spicy Rice And Beans Mexicali Corn Banana	22 Spicy Asian Chicken Steamed Brown Rice Seasoned Broccoli Chilled Fruit Cocktail	23 Fresh BBQ Pork Home Made Corn Bread Confetti Cole Slaw Spicy Peach Salad Carrot Sticks	24 Happy Thanks Giving Have Nice Recess From Chef Bates And Miss Kostick And Miss Allen- Foley	25 No Lunch Served
28 W hole Wheat Spaghetti & Meatballs Whole Wheat Garlic Toast Fresh Steamed Broccoli Crisp Apple	29 Roast Turkey In A Whole Wheat Pita Pocket Crispy Romaine Side Salad Orange Smiles	30 Austin's Bean & Beef Burrito Spicy Mexican Corn Fresh Blueberry Cobbler Romaine Side Salad		
<p><u>Alternate Lunches</u> Chicken Caesar Salad/ Roll Served Daily Menu Subject To Change</p>				
<i>Mondays:</i>	<i>Tuesdays:</i>	<i>Wednesdays:</i>	<i>Thursdays:</i>	<i>Fridays:</i>
Cheerios & Yogurt Fun Lunch	Cheeseburger & Fresh Sweet Potato Coins	Whole Wheat Bagel & Yogurt Fun Lunch	Cheeseburger & Fresh Sweet Potato Coins	Pizza Bagel Fun Lunch

This month's food focus is: Diversity in Food, and where it comes from. What different countries celebrate with special food items?

Eat a Variety of Colors on Your Plate Every day.

School Foodservice Information

Serving Time: 11: 30 a.m. – 1: 00 p.m. **Price:** \$2.35 paid \$.40 reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

Did you know?

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our new Guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans;
- Provide more whole grain foods, such as brown rice and whole wheat
- Encourage lean proteins including vegetarian and plant based
- Reduce unhealthy fats, sodium, and sugar
- Include a la carte snacks and beverages that meet our strict Balanced Choices® nutritional parameters
- Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to www.EatLearnLive.com