

# What's on the Menu?

Chatfield Lunch Menu, Chartwells School Dining Services  
 October 2024 Price: Free

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| Carnival Corn Dog<br>Green Beans<br>Fresh Cucumber Coins<br>Applesauce<br>Choice of Milk<br>w2                           | 1<br>Hamburger on WG Bun<br>Tater Tots<br>Fresh Baby Carrots<br>Chilled Diced Pears<br>Choice of Milk                          | 2<br>Chicken Patty WG Bun<br>Vegetarian Baked Beans<br>Cucumber Coins<br>Michigan Grown Apple<br>Choice of Milk                             | 3<br>Cheese Quesadilla<br>w/Dipping Sauce<br>Fresh Baby Carrots<br>Diced Peaches<br>Choice of Milk   | 4<br>French Bread Pizza<br>Celery Sticks<br>Fresh Orange Wedges<br>Choice of Milk   |
| 7<br>Mac and Cheese<br>w/ Diced Ham<br>Steamed Green Beans<br>Fresh Cucumber Coins<br>Applesauce<br>Choice of Milk<br>w3 | 8<br>Hot Dog on a WG Bun<br>Tater Tots<br>Seasoned Carrots<br>Chilled Diced Pears<br>Choice of Milk                            | 9<br>Jumbo Chicken Tenders<br>Vegetarian Baked Beans<br>Dinner Roll<br>Cucumber Coins<br>Michigan Grown Apple<br>Choice of Milk             | 10<br>Pizza Crunchers<br>Fresh Baby Carrots<br>Diced Peaches<br>Choice of Milk   | 11<br>Cheese Filled Bosco Stick<br>No School<br>Celery Sticks<br>Fresh Orange Wedges<br>Choice of Milk                              |
| 14<br>Cheese Pizza<br>Green Beans<br>Cucumber Coins<br>Rosy Applesauce<br>Choice of Milk<br>w4                           | 15<br>Soft Shell Taco w/<br>Meat, Cheese, &<br>Trimmings, Salsa<br>Fresh Baby Carrots<br>Chilled Diced Pears<br>Choice of Milk | 16<br>Baked Chicken<br>Drumstick<br>Vegetarian Baked Beans<br>WG Biscuit<br>Fresh Cucumber Coins<br>Michigan Grown Apples<br>Choice of Milk | 17<br>Bosco Sticks or<br>Dunkers<br>w/dipping Sauce<br>Fresh Baby Carrots<br>Diced Peaches<br>Choice of Milk   | 18<br>French Toast Sticks<br>Sausage Patty<br>Celery Sticks<br>Fresh Orange Wedges<br>Choice of Milk                                |
| 21<br>Chicken Nuggets<br>WG Dinner Roll<br>Green Beans<br>Fresh Cucumber Coins<br>Applesauce<br>Choice of Milk<br>w1     | 22<br>French Bread Pizza<br>Seasoned Black Beans<br>Fresh Baby Carrots<br>Chilled Diced Pears<br>Choice Of Milk                | 23<br>Brunch for Lunch<br>Pancakes<br>Sausage Patty<br>Seasoned Carrots<br>Michigan Grown Apple<br>Choice of Milk                           | 24<br>Bosco Sticks or<br>Dunkers<br>w/Dipping Sauce<br>Fresh Baby Carrots<br>Diced Peaches<br>Choice of Milk   | 25<br>Turkey & Cheese Sub<br>Bag of Smart Snacks<br>Half Day of School<br>Fresh Orange Wedges<br>Choice of Milk                     |
| 28<br>Carnival Corn Dog<br>Green Beans<br>Fresh Cucumber Coins<br>Applesauce<br>Choice of Milk<br>w2                     | 29<br>Hamburger on WG Bun<br>Tater Tots<br>Fresh Baby Carrots<br>Chilled Diced Pears<br>Choice of Milk                         | 30<br>Chicken Patty WG Bun<br>Vegetarian Baked Beans<br>Cucumber Coins<br>Michigan Grown Apple<br>Choice of Milk                            | 31<br>Cheese Quesadilla<br>Dipping Sauce<br>Fresh Baby Carrots<br>Diced Peaches<br>Choice of Milk<br>Fresh Baby Carrots<br>Diced Peaches<br>Choice of Milk | 31<br>French Bread Pizza<br>Choice of Milk<br> |



## Chatfield: Free Breakfast to All Students

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and a variety of milk choices.

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <p><b><u>Choose 2</u></b><br/>Scooby-Doo Graham Stix</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p><b><u>Must take a</u></b><br/>Juice or Fruit</p> <p><b><u>Optional</u></b><br/>Milk, Skim, 1% or Chocolate</p> | <p><b><u>Choose 2</u></b><br/>Bug Bites Graham Crackers</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p><b><u>Must take a</u></b><br/>Juice or Fruit</p> <p><b><u>Optional</u></b><br/>Milk, Skim, 1% or Chocolate</p> | <p><b><u>Choose 2</u></b><br/>WG Blueberry Muffin</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p><b><u>Must take a</u></b><br/>Juice or Fruit</p> <p><b><u>Optional</u></b><br/>Milk, Skim, 1% or Chocolate</p> | <p><b><u>Choose 2</u></b><br/>Cinnamon Goldfish Grahams</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p><b><u>Must take a</u></b><br/>Juice or Fruit</p> <p><b><u>Optional</u></b><br/>Milk, Skim, 1% or Chocolate</p> | <p><b><u>Choose 2</u></b><br/>Scooby-Doo Graham Stix</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p><b><u>Must take a</u></b><br/>Juice or Fruit</p> <p><b><u>Optional</u></b><br/>Milk, Skim, 1% or Chocolate</p> |

Student will choose 2 breakfast items **AND** a juice or fruit. Milk is optional.

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

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](http://www.EatLearnLive.com)

This institution is an equal opportunity provider.