



































# Elementary Lunch Grades K-5

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>2</p> <p>No Classes</p> <p>Pulaski Day</p>  	<p>3</p> <p> Nachos</p> <p>Turkey Hot Dog</p> <p>Turkey Bologna Wrap</p> <p><b>Garden Salad</b></p> <p> Cut Corn</p> <p>Spanish Rice</p> <p>Keebler Elf Grahams</p>	<p>4</p> <p>Spaghetti w/ Turkey</p> <p>Meat Sauce- </p> <p>Italian Meatball Sandwich</p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Chef Salad</p> <p> Mixed Veggies-</p> <p>Garlic Bread- </p> <p>Chicken Noodle Soup w/ Crackers</p> <p> -Apple</p>	<p>5</p> <p>Tony's Thin Crust <b>Cheese</b></p> <p>or Turkey Sausage Pizza</p> <p><b>Veggie Sandwich</b></p> <p><b>Popcorn Shrimp Salad</b></p> <p>Carrot Coins</p> <p>Raisins</p> <p><b>Pyramid Pete</b> Chocolate Cookie</p>	<p>6</p> <p><b>Italian Grilled Cheese</b></p> <p>Tyson Chicken Nuggets</p> <p>Turkey Breast Sandwich</p> <p><b>Yogurt &amp; Fruit Salad</b></p> <p>Green Beans</p> <p>Oven Baked French Fries</p> <p>Comfort Cake Vanilla Pound Cake w/ Icing</p>	<p>Calories: 695</p> <p>Total Fat (g): 22</p> <p>Saturated Fat (g): 8</p> <p>Sodium (mg): 1276</p> <p>Carbohydrates (g): 100</p> <p>Protein (g): 25</p> <p>Vitamin A (IU): 2462</p> <p>Vitamin C (mg): 20</p> <p>Calcium (mg): 531</p> <p>Iron (mg): 4</p>
<b>Giveaway: Bookmark</b>					
<p>9</p> <p>Tyson Chicken Patty Sandwich-</p> <p><b>Veggie Quesadilla</b></p> <p>Turkey Ham &amp; Cheese Sandwich</p> <p><b>Popcorn Shrimp Salad</b></p> <p> Collard Greens-</p> <p> -Mashed Sweet Potatoes</p> <p>Keebler Animals Crackers</p> <p> -Pear</p>	<p>10</p> <p>Chili Mac</p> <p><b>Toasted Cheese Sandwich</b></p> <p>Turkey Salami Wrap</p> <p><b>Yogurt Fruit Salad</b></p> <p> Carrots</p> <p>Cornbread</p> <p>Austin Lemon Ohs</p>	<p>11</p> <p>Turkey Hot Dog</p> <p><b>Bean &amp; Sour Cream Burrito</b></p> <p>Turkey Bologna Sandwich</p> <p><b>Garden Salad</b></p> <p>Peas</p> <p>Vegetarian Beans</p> <p>Carrot Bread</p>	<p>12</p> <p> -Sloppy Joes</p> <p>Tyson Chicken Sticks</p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Chef Salad</p> <p> Green Beans-</p> <p>Cheesy Mac- </p> <p>Grandma Maud's</p> <p>Chocolate Chip Cookie</p> <p> -Banana</p>	<p>13</p> <p>Tony's Thin Crust <b>Cheese</b></p> <p>or Turkey Sausage Pizza</p> <p><b>Veggie Sandwich</b></p> <p>Chef Salad</p> <p>Corn</p> <p>Tossed Salad</p> <p>Double Fudge Cookie</p>	<p>Calories: 694</p> <p>Total Fat (g): 21</p> <p>Saturated Fat (g): 7</p> <p>Sodium (mg): 1264</p> <p>Carbohydrates (g): 103</p> <p>Protein (g): 26</p> <p>Vitamin A (IU): 3030</p> <p>Vitamin C (mg): 21</p> <p>Calcium (mg): 476</p> <p>Iron (mg): 4</p>
<p>16</p> <p>Chicken Corn Dog</p> <p><b>Italian Grilled Cheese</b></p> <p>Turkey Salami Sandwich</p> <p><b>Yogurt &amp; Fruit Salad</b></p> <p> Peas &amp; Carrots</p> <p>Potato Wedges</p> <p>Austin Vanilla Crème Cookies</p>	<p>17</p> <p> -Spaghetti w/ Meatballs</p> <p><b>Cheese Burrito</b></p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Chef Salad</p> <p> -Tossed Salad</p> <p>Garlic Bread</p> <p><b>Pyramid Pete</b> Green Sugar Cookie</p> <p> -Pear</p> 	<p>18</p> <p>Tyson Chicken Patty Sandwich</p> <p>BBQ Beef Rib Sandwich</p> <p><b>Veggie Sandwich</b></p> <p>Chef Salad</p> <p>Corn on the Cob</p> <p>Potato Rounds</p> <p>Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>19</p> <p>Tony's Thin Crust <b>Cheese</b></p> <p>or Turkey Sausage Pizza</p> <p>Turkey Bologna Wrap</p> <p><b>Popcorn Shrimp Salad</b></p> <p>Green Beans</p> <p>Raisins</p> <p>Austin Dolphin &amp; Friends Crackers</p>	<p>20</p> <p> -Fish Patty Sandwich</p> <p>Chef Boyardee</p> <p><b>Cheese Ravioli</b></p> <p>Turkey Sandwich on a Bun</p> <p><b>Garden Salad</b></p> <p> Mixed Veggies-</p> <p>Brown Rice- </p> <p>Grandma Maud's</p> <p>Chocolate Chip Cookie</p> <p> -Orange</p>	<p>Calories: 713</p> <p>Total Fat (g): 23</p> <p>Saturated Fat (g): 8</p> <p>Sodium (mg): 1112</p> <p>Carbohydrates (g): 103</p> <p>Protein (g): 25</p> <p>Vitamin A (IU): 1569</p> <p>Vitamin C (mg): 16</p> <p>Calcium (mg): 411</p> <p>Iron (mg): 5</p> 
<p>23</p> <p>Turkey Hot Dog</p> <p><b>Egg &amp; Potato Brunch Bowl</b></p> <p><b>Veggie Sandwich</b></p> <p>Chef Salad</p> <p>Carrot Coins</p> <p>Vegetarian Beans</p> <p>Austin Lemon Ohs</p>	<p>24</p> <p>Rio Grande Rotini- </p> <p><b>Toasted Cheese Sandwich</b></p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Sweet &amp; Sour Chicken Salad</p> <p>Peas- </p> <p>Tomato Soup w/ Crackers</p> <p> -Keebler Elf Grahams</p> <p> -Banana</p>	<p>25</p> <p>Tony's Thin Crust <b>Cheese</b></p> <p>or Turkey Sausage Pizza</p> <p>Turkey Bologna Sandwich</p> <p><b>Garden Salad</b></p> <p> Cut Corn</p> <p>Raisins</p> <p>Austin Dolphin &amp; Friends Crackers</p>	<p>26</p> <p> Chili Nachos</p> <p>Chef Boyardee <b>Cheese Ravioli</b></p> <p>Turkey Salami Wrap</p> <p><b>Popcorn Shrimp Salad</b></p> <p> Green Beans</p> <p>Spanish Rice</p> <p>Carrot Bread</p>	<p>27</p> <p>No Classes</p> <p>Professional Development Day</p>	<p>Calories: 682</p> <p>Total Fat (g): 19</p> <p>Saturated Fat (g): 6</p> <p>Sodium (mg): 1311</p> <p>Carbohydrates (g): 103</p> <p>Protein (g): 25</p> <p>Vitamin A (IU): 1842</p> <p>Vitamin C (mg): 22</p> <p>Calcium (mg): 494</p> <p>Iron (mg): 4</p>

**Meatless Option, Fresh Fruit Choice, and Milk offered daily. All Balanced Choices Meals Include Milk. 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 a  indicate a whole grain item. Items marked with  indicate frozen, local produce.**


The 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. 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.cchatcps.com>

# eat learn live





## Elementary Lunch Grades 6-8

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>2</p> <p>No Classes</p> <p>Pulaski Day</p>  	<p>3</p>  <p>Nachos</p> <p>Turkey Hot Dog</p> <p>Turkey Bologna Wrap</p> <p><b>Garden Salad</b></p>  <p>Cut Corn</p> <p>Spanish Rice</p> <p>Keebler Elf Grahams</p>	<p>4</p> <p>Spaghetti w/ Turkey Meat Sauce-</p> <p>Italian Meatball Sandwich</p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Chef Salad</p>  <p>Mixed Veggies-</p> <p>Garlic Bread-</p> <p>Chicken Noodle Soup w/ Crackers</p> <p>-Apple </p>	<p>5</p> <p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza</p> <p><b>Veggie Sandwich</b></p> <p><b>Popcorn Shrimp Salad</b></p> <p>Carrot Coins</p> <p>Raisins</p> <p><b>Pyramid Pete</b> Chocolate Cookie</p>	<p>6</p> <p><b>Italian Grilled Cheese</b></p> <p>Tyson Chicken Nuggets</p> <p>Turkey Breast Sandwich</p> <p><b>Yogurt &amp; Fruit Salad</b></p> <p>Green Beans</p> <p>Oven Baked French Fries</p> <p>Comfort Cake Vanilla Pound Cake w/ Icing</p>	<p>Calories: 809</p> <p>Total Fat (g): 26</p> <p>Saturated Fat (g): 8</p> <p>Sodium (mg): 1390</p> <p>Carbohydrates (g): 117</p> <p>Protein (g): 28</p> <p>Vitamin A (IU): 2636</p> <p>Vitamin C (mg): 23</p> <p>Calcium (mg): 548</p> <p>Iron (mg): 5</p>
<b>Giveaway: Bookmark</b>					
<p>9</p> <p>Tyson Chicken Patty Sandwich-</p> <p><b>Veggie Quesadilla</b></p> <p>Turkey Ham &amp; Cheese Sandwich</p> <p><b>Popcorn Shrimp Salad</b></p>  <p>Collard Greens-</p> <p>-Mashed Sweet Potatoes</p> <p>Keebler Animals Crackers</p> <p>-Pear </p>	<p>10</p> <p>Chili Mac</p> <p><b>Toasted Cheese Sandwich</b></p> <p>Turkey Salami Wrap</p> <p><b>Yogurt Fruit Salad</b></p>  <p>Carrots</p> <p>Cornbread</p> <p>Austin Lemon Ohs</p>	<p>11</p> <p>Turkey Hot Dog</p> <p><b>Bean &amp; Sour Cream Burrito</b></p> <p>Turkey Bologna Sandwich</p> <p><b>Garden Salad</b></p> <p>Peas</p> <p>Vegetarian Beans</p> <p>Carrot Bread</p>	<p>12</p>  <p>-Sloppy Joes</p> <p>Tyson Chicken Sticks</p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Chef Salad</p>  <p>Green Beans-</p> <p>Cheesy Mac-</p> <p>Grandma Maud's</p> <p>Chocolate Chip Cookie</p> <p>-Banana </p>	<p>13</p> <p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza</p> <p><b>Veggie Sandwich</b></p> <p>Chef Salad</p> <p>Corn</p> <p>Tossed Salad</p> <p>Double Fudge Cookie</p>	<p>Calories: 783</p> <p>Total Fat (g): 23</p> <p>Saturated Fat (g): 7</p> <p>Sodium (mg): 1424</p> <p>Carbohydrates (g): 116</p> <p>Protein (g): 30</p> <p>Vitamin A (IU): 3923</p> <p>Vitamin C (mg): 22</p> <p>Calcium (mg): 512</p> <p>Iron (mg): 5</p>
<p>16</p> <p>Chicken Corn Dog</p> <p><b>Italian Grilled Cheese</b></p> <p>Turkey Salami Sandwich</p> <p><b>Yogurt &amp; Fruit Salad</b></p>  <p>Peas &amp; Carrots</p> <p>Potato Wedges</p> <p>Austin Vanilla Crème Cookies</p>	<p>17</p>  <p>-Spaghetti w/ Meatballs</p> <p><b>Cheese Burrito</b></p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Chef Salad</p>  <p>-Tossed Salad</p> <p>Garlic Bread </p> <p><b>Pyramid Pete</b> Green Sugar Cookie</p> <p>-Pear </p>	<p>18</p> <p>Tyson Chicken Patty Sandwich</p> <p>BBQ Beef Rib Sandwich</p> <p><b>Veggie Sandwich</b></p> <p>Chef Salad</p> <p>Corn on the Cob</p> <p>Potato Rounds</p> <p>Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>19</p> <p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza</p> <p>Turkey Bologna Wrap</p> <p><b>Popcorn Shrimp Salad</b></p> <p>Green Beans</p> <p>Raisins</p> <p>Austin Dolphin &amp; Friends Crackers</p>	<p>20</p>  <p>-Fish Patty Sandwich</p> <p>Chef Boyardee</p> <p><b>Cheese Ravioli</b></p> <p>Turkey Sandwich on a Bun</p> <p><b>Garden Salad</b></p>  <p>Mixed Veggies-</p> <p>Brown Rice-</p> <p>Grandma Maud's</p> <p>Chocolate Chip Cookie</p> <p>-Orange </p>	<p>Calories: 786</p> <p>Total Fat (g): 25</p> <p>Saturated Fat (g): 8</p> <p>Sodium (mg): 1220</p> <p>Carbohydrates (g): 115</p> <p>Protein (g): 27</p> <p>Vitamin A (IU): 1700</p> <p>Vitamin C (mg): 18</p> <p>Calcium (mg): 419</p> <p>Iron (mg): 5</p> 
<p>23</p> <p>Turkey Hot Dog</p> <p><b>Egg &amp; Potato Brunch Bowl</b></p> <p><b>Veggie Sandwich</b></p> <p>Chef Salad</p> <p>Carrot Coins</p> <p>Vegetarian Beans</p> <p>Austin Lemon Ohs</p>	<p>24</p> <p>Rio Grande Rotini-</p> <p><b>Toasted Cheese Sandwich</b></p> <p><b>PB &amp; J Wafer Bar</b></p> <p>Sweet &amp; Sour Chicken Salad</p>  <p>Peas-</p> <p>Tomato Soup w/ Crackers</p> <p>-Keebler Elf Grahams </p> <p>-Banana </p>	<p>25</p> <p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza</p> <p>Turkey Bologna Sandwich</p> <p><b>Garden Salad</b></p>  <p>Cut Corn</p> <p>Raisins</p> <p>Austin Dolphin &amp; Friends Crackers</p>	<p>26</p>  <p>Chili Nachos</p> <p>Chef Boyardee <b>Cheese Ravioli</b></p> <p>Turkey Salami Wrap</p> <p><b>Popcorn Shrimp Salad</b></p>  <p>Green Beans</p> <p>Spanish Rice</p> <p>Carrot Bread</p>	<p>27</p> <p>No Classes</p> <p>Professional Development Day</p>	<p>Calories: 785</p> <p>Total Fat (g): 21</p> <p>Saturated Fat (g): 7</p> <p>Sodium (mg): 1512</p> <p>Carbohydrates (g): 119</p> <p>Protein (g): 29</p> <p>Vitamin A (IU): 1974</p> <p>Vitamin C (mg): 23</p> <p>Calcium (mg): 515</p> <p>Iron (mg): 5</p>

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