



**Chartwells School Dining Services at Waldron  
October 2017**

**Student Lunch \$2.60 (k-6) \$2.85 (7-8) Reduced \$0.40 Milk \$.50**

A full student lunch includes a choice of entrée supplying protein and grain, up to two (2) vegetable side dishes, two (2) fruit side dishes, and milk. Milk choices include 1% white and skim chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Patty on Bun  Curly Fries <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Cucumber slices Cinnamon Applesauce	<b>3</b> Beef Nachos  Refried Beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots Confetti Coleslaw Chilled Pineapple	<b>4</b> Mashed Potato Bowl  Seasoned Corn <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Broccoli Fresh Fruit Mandarin Oranges	<b>6</b> English Muffin Egg Sandwich with Cheese Seasoned Peas & Carrots <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Cauliflower Chilled Pears Fresh Banana	<b>6</b> Cheesy Pizza  Green Beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Sugar Snap Peas Chilled Peaches Fresh Apple
<b>9</b> Turkey & Swiss on Pretzel Bun Steamed Broccoli <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Cucumber slices Cinnamon Applesauce	<b>10</b> Peach Parfait with Granola  Seasoned Corn <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots Confetti Coleslaw Chilled Pineapple	<b>11</b> Cheese Quesadilla  Refried beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Broccoli Fresh Fruit Mandarin Oranges	<b>12</b> <u>Birthday Treat</u> Cheesy Pizza Green Beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Sugar Snap Peas Fresh Apple Chilled Peaches	<b>13</b>  1/2 Day  No Lunch
<b>18</b> Fresh Toast Sticks with Sausage  Hash brown <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Cucumber slices Cinnamon Applesauce	<b>19</b> <u>LUCKY TRAY DAY</u> Beef & Bean Burrito  Seasoned Corn <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Confetti Coleslaw  Pineapple Tidbits	<b>20</b> Macaroni & Cheese WG Breadstick <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Broccoli Mandarin Oranges Fresh Fruit	<b>21</b> Crispy Chicken Tenders Baked Crinkle Fries <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Cauliflower Chilled Pears Fresh Banana	<b>22</b> Cheesy Pizza  Green Beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Sugar Snap Peas Mixed Fruit Fresh Apple
<b>25</b> Waffles with Sausage  Hash brown <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Fresh Baby Carrots & Celery Cinnamon Applesauce Cucumber slices	<b>26</b> Taco  Refried Beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Confetti Coleslaw  Pineapple Tidbits	<b>27</b> Popcorn Chicken  Green beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Red & Green Pepper Strips Chilled Pears Orange Wedges	<b>28</b> Mini Corndogs  Seasoned Peas & Carrots <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Cheez it Crackers Fresh Cauliflower Fresh Banana	<b>29</b> Cheesy Pizza  Green Beans <u>Fruit &amp; Veggie Bar</u> Romaine Blend Lettuce Sugar Snap Peas Chilled Peaches Fresh Apple
<b>Alternate Entrees</b> (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk)				
<b>Mondays</b> Chicken Nuggets with WG Roll	<b>Tuesdays</b> Classic Pepperoni Pizza	<b>Wednesdays</b> Bosco Sticks with Dipping Sauce	<b>Thursdays</b> Yogurt & String Cheese Fun Lunch	<b>Fridays</b> Classic American Cheeseburger

Questions or Comments? Please call Lauri Grace Food Service Director 989-593-2296 or lgrace@fowerschools.net

Do you think your family may qualify for free or reduced meal Apply on-line:

[www.lunchapp.com](http://www.lunchapp.com)

