


Menu

3 Entree Lunch Grades K-5 June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
31 No Classes Memorial Day 	1 BBQ Chicken Thigh Turkey & Cheese Sandwich Garden Salad Corn Red Beans & Rice Apple Bread	2 Cheeseburger Veggie Sandwich Yogurt & Fruit Salad Peas Potato Rounds Vegetarian Beans	3 <i>Rio Grande Rotini</i> PB & J Wafer Bar Chef Salad  Shoestring Carrots Cornbread Eat.Learn.Live Chocolate Chip Cookie	4 Reggio's Cheese Pizza <i>Turkey Bologna Wrap</i> Popcorn Shrimp Salad Green Beans Raisins Diced Pears	Calories: 723 Total Fat (g): 21 Saturated Fat (g): 7 Sodium (mg): 1407 Carbohydrates (g): 105 Protein (g): 29 Vitamin A (IU): 1772 Vitamin C (mg): 27 Calcium (mg): 455 Iron (mg): 5
7 Fish Sticks Turkey Ham Sandwich Chef Salad  Mixed Veggies White Rice Apple Bread	8 Turkey Hot Dog <i>Turkey Salami Wrap</i> Yogurt & Fruit Salad  Green Beans Vegetarian Beans Applesauce	9 <i>Spaghetti w/ Meatballs</i> PB & J Wafer Bar Chef Salad Peas Raisins Grandma Maud's Chocolate Chip Cookie	10 Reggio's Cheese Pizza Turkey Bologna Sandwich Popcorn Shrimp Salad Carrot Coins Tossed Salad  Apple Fruit Crisp	11  Hamburger Veggie Sandwich Garden Salad  Corn Mashed Sweet Potatoes Comfort Cake Lemon Pound Cake w/ Icing	Calories: 697 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1059 Carbohydrates (g): 105 Protein (g): 26 Vitamin A (IU): 3031 Vitamin C (mg): 29 Calcium (mg): 431 Iron (mg): 5
14 Beef or Cheese Nachos <i>Turkey Bologna Wrap</i> Popcorn Shrimp Salad Carrot Coins Mexican Red Beans Eat.Learn.Live Chocolate Chip Cookie Flag Day!	15 <i>Spaghetti w/ Turkey</i> Meat Sauce PB & J Wafer Bar Garden Salad  Crinkle Cut Zucchini Raisins Diced Pears	16 Cheeseburger Veggie Sandwich Chef Salad Corn Vegetarian Beans Grandma Maud's Chocolate Chip Cookie	17 No Classes Teacher Institute Day 	18 Last Day of School 	Calories: 662 Total Fat (g): 18 Saturated Fat (g): 7 Sodium (mg): 1283 Carbohydrates (g): 99 Protein (g): 26 Vitamin A (IU): 2370 Vitamin C (mg): 28 Calcium (mg): 438 Iron (mg): 5
 <h1>Have a Great Summer!</h1>					

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.cthatcps.com>



MENU

3 Entree Lunch Grades 6-8 June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>31</p> <p>No Classes</p> <p>Memorial Day</p>	<p>1</p> <p>BBQ Chicken Thigh Turkey & Cheese Sandwich Garden Salad</p> <p>Corn Red Beans & Rice Apple Bread</p>	<p>2</p> <p>Cheeseburger Veggie Sandwich Yogurt & Fruit Salad</p> <p>Peas Potato Rounds Vegetarian Beans</p>	<p>3</p> <p><i>Rio Grande Rotini</i> PB & J Wafer Bar Chef Salad</p> <p>Shoestring Carrots Cornbread Eat.Learn.Live Chocolate Chip Cookie</p>	<p>4</p> <p>Reggio's Cheese Pizza <i>Turkey Bologna Wrap</i> Popcorn Shrimp Salad</p> <p>Green Beans Raisins Diced Pears</p>	<p>Calories: 811 Total Fat (g): 23 Saturated Fat (g): 8 Sodium (mg): 1666 Carbohydrates (g): 118 Protein (g): 32 Vitamin A (IU): 1837 Vitamin C (mg): 28 Calcium (mg): 473 Iron (mg): 6</p>
<p>7</p> <p>Fish Sticks Turkey Ham Sandwich Chef Salad</p> <p>Mixed Veggies White Rice Apple Bread</p>	<p>8</p> <p>Turkey Hot Dog <i>Turkey Salami Wrap</i> Yogurt & Fruit Salad</p> <p>Green Beans Vegetarian Beans Applesauce</p>	<p>9</p> <p><i>Spaghetti w/ Meatballs</i> PB & J Wafer Bar Chef Salad</p> <p>Peas Raisins Grandma Maud's Chocolate Chip Cookie</p>	<p>10</p> <p>Reggio's Cheese Pizza <i>Turkey Bologna</i> Sandwich Popcorn Shrimp Salad</p> <p>Carrot Coins Tossed Salad Apple Fruit Crisp</p>	<p>11</p> <p>Hamburger Veggie Sandwich Garden Salad</p> <p>Corn Mashed Sweet Potatoes Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>Calories: 803 Total Fat (g): 22 Saturated Fat (g): 7 Sodium (mg): 1203 Carbohydrates (g): 124 Protein (g): 30 Vitamin A (IU): 3875 Vitamin C (mg): 31 Calcium (mg): 455 Iron (mg): 6</p>
<p>14</p> <p>Beef or Cheese Nachos <i>Turkey Bologna Wrap</i> Popcorn Shrimp Salad</p> <p>Carrot Coins Mexican Red Beans Eat.Learn.Live Chocolate Chip Cookie Flag Day!</p>	<p>15</p> <p><i>Spaghetti w/ Turkey</i> Meat Sauce PB & J Wafer Bar Garden Salad</p> <p>Crinkle Cut Zucchini Raisins Diced Pears</p>	<p>16</p> <p>Cheeseburger Veggie Sandwich Chef Salad</p> <p>Corn Vegetarian Beans Grandma Maud's Chocolate Chip Cookie</p>	<p>17</p> <p>No Classes</p> <p>Teacher Institute Day</p>	<p>18</p> <p>Last Day of School</p>	<p>Calories: 803 Total Fat (g): 22 Saturated Fat (g): 8 Sodium (mg): 1519 Carbohydrates (g): 122 Protein (g): 31 Vitamin A (IU): 2528 Vitamin C (mg): 30 Calcium (mg): 473 Iron (mg): 7</p>
<p>Have a Great Summer!</p>					

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