



Plainfield Elementary Lunch Menu February 2012

www.eatlearnlive.com/chartbusters

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutritious meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!
Student : \$2.25 Adult: \$ 3.50

All meals are offered w/choice of entrée, two fruit & vegetable sides and choice of skim, low-fat, white & Low Fat Chocolate milk

All Flavored Milk has no High Fructose Corn Syrup

Questions? Please call the Director of Dining Services
860-564-6422 Ext. 3303

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; and
- 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.

Weekly Alternate: (1)Turkey & Cheese on a Whole Wheat Roll; (2) Cereal, Hard Boiled Egg, 100% Juice Carrot Sticks, Fun Lunch; (3) Peanut Butter & Jelly on Whole Wheat, Chef Salad, Roll, fruit& Milk

Weekly Alternate Fruits and Vegetables: Tossed Romaine w/ Low Fat Dressing Side Salad, Fresh Orange & Apples

<p>6.</p> <p>Whole Grain Chicken Patty on a Wheat Roll</p> <p>Oven Fries Chilled Peaches Choice of Milk</p>	<p>7.</p> <p>Cheese Quesadilla Spanish Rice Corn Chilled Pears Choice of Milk</p>	<p>8.</p> <p>Barilla Plus Pasta Baked Ziti</p> <p>Steamed Green Beans Chilled Fruit Cocktail Wheat Dinner Roll Choice of Milk</p>	<p>9.</p> <p>Whole Grain French Toast Sticks Sliced Ham Hash Brown Chilled Applesauce Choice of Milk</p>	<p>10.</p> <p>Homemade Fresh Baked Cheese Pizza <i>on a whole grain crust</i></p> <p>Fresh Garden Salad</p> <p>Fresh Apple Choice Of milk</p>
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Weekly Alternate: (1) Ham & Cheese Sandwich on Whole Wheat Bulky Roll; (2) Turkey Chef Salad w/Crackers; (3) Peanut Butter & Jelly on Wheat bread

Weekly Alternate Fruits and Vegetables: : Tossed Salad w/ Low Fat Dressing , Fresh Orange & Apples

<p>13.</p> <p>Meatball Sub Italian Blend Vegetable Fresh Orange Choice of Milk</p>	<p>14. Happy Valentines Day</p> <p>Baked Chicken Mashed Potato Mixed Vegetables Wheat Dinner Roll Chilled Peaches Choice of milk</p>	<p>15.</p> <p>Baked Macaroni & Cheese</p> <p>Sweet Peas Wheat Dinner Roll</p> <p>Pineapple Tidbits Choice of Milk</p>	<p>16.</p> <p>Whole Grain Chicken Nuggets Steamed Rice Green Beans Chilled Applesauce Choice of Milk</p>	<p>17.</p> <p>Homemade Fresh Baked Cheesy Bread <i>on a whole grain crust</i></p> <p>Corn</p> <p>Fresh Apple Choice Of milk</p>
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Weekly Alternate: (1)Turkey & Cheese on Wheat Roll (2) Pizza bagel w/ Apple Fun Lunch; (3) Peanut Butter & Jelly on Whole Wheat

Weekly Alternate Fruits and Vegetables: : Tossed Romaine w/ Low Fat Dressing Side Salad, Fresh Orange & Apples

<p>20.</p> <p>No School Presidents Day</p>	<p>21.</p> <p>No School Vacation Day</p>	<p>22.</p> <p>Cheeseburger on a Wheat Roll</p> <p>Baked Tater Tots</p> <p>Chilled Peaches Choice of Milk</p>	<p>23.</p> <p>Baked Ziti</p> <p>Green Beans Wheat Dinner Roll</p> <p>Pineapple Tidbits Choice of Milk</p>	<p>24.</p> <p>Fresh Made Baked Cheese Pizza <i>on a whole grain crust</i> Fresh Baby Carrots Lite Ranch Dressing</p> <p>Diced Pears Choice of Milk</p>
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Weekly Alternate: (1)Tuna Salad on Whole Wheat Roll; (2) Turkey Chef Salad w/Crackers (3) Peanut Butter & Jelly on Whole Wheat Bread

Weekly Alternate Fruits and Vegetables: : Side Salad, Fresh Orange & Apples

<p>27.</p> <p>BBQ Rib-A-Que on a Wheat Roll Baked Fries Carrot Sticks Chilled Peaches Choice of Milk</p>	<p>28.</p> <p>Hamburger Grinder Lettuce , Tomato Home Made Macaroni Salad Fresh Orange Choice Of Milk</p>	<p>29.</p> <p>Tomato Soup Grilled Cheese Sandwich on Wheat Bread Fresh Broccoli Lite Ranch Dip Spiced Apples Choice of Milk</p>	<p>March 1</p> <p>No school</p>	<p>March 2</p> <p>Homemade Fresh Baked Cheesy Bread <i>on a whole grain crust</i></p> <p>Corn on the Cob</p> <p>Fresh Apple Choice Of milk</p>
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Weekly Alternate: (1)Bologna & Cheese on Wheat roll; (2) Cheesy Nacho Fun Lunch (3) Peanut Butter & jelly on Wheat bread

Weekly Alternate Fruits and Vegetables: : Tossed Romaine w/ Low Fat Dressing Side Salad, Fresh Orange & Apples

