



























## Chartwells School Dining Services Marlboro School District Elementary Lunch Menu January 2013

 MONDAY	 TUESDAY	 WEDNESDAY	 THURSDAY	 FIESTA FRIDAY
Visit our website at <a href="http://www.eatlearnlive.com">www.eatlearnlive.com</a> to learn more	 Go to MyPlate.gov for online personal wellness resources for you and your family	2 Baked Tyson Chicken Nuggets (WSD) Bag Of Chips Steamed Peas & Carrots  Chilled Fruit Fat Free milk Choice	3 Chicken Stir Fry (WSD) Rice Vegetable Medley Apple Slices  Fat Free Milk Choice	4 Breakfast For Lunch Aunt Jemima Waffles (WESD) Turkey Sausage links Tator Tots & Corn Orange Juice Fat Free Milk Choice
7 Fresh Baked Pizza (WSD) Tossed Salad  Baby carrots Fresh Pear  Fat Free Milk Choice	8 Pasta w/ Meatballs (SWD) Breadstick Steamed Green Beans  Orange Smiles  Fat Free Milk Choice	9 Backyard BBQ Chicken (WSD) Corn On The Cob Seasoned Baked Potatoes Baked Apple Slices  Fat Free Milk Choice <b>**STICKER DAY**</b>	10 Roasted Turkey Dinner (WSD) Seasoned Rice Mixed Veggies Sliced Oranges  Fat Free Milk Choice	11 Nuggets & Chips Baked Tyson Chicken Nuggets (WSD) Bag Of Chips Steamed Carrots Fresh Pear  Fat Free milk Choice
14 Big Daddy Pizzeria Style (WSD) Seasoned Corn Carrot Sticks w/ Ranch dip Raisin Fat Free Milk Choice	15 Grilled Cheese Sandwich (SWD) Tomato Soup Steamed Carrots Fresh Fruit  Fat Free Milk Choice <b>**STICKER DAY**</b>	16 Oven Roasted Chicken (WSD) Potato Rounds Sweet Corn Diced Pears  Fat Free Milk Choice	17 Baked Macaroni & Cheese (SWD) Garlic Breadstick Steamed Green Beans  Peach Cobbler  Fat Free Milk Choice	18 Ball Park Franks (SD) Pretzel Rod Sauerkraut Broccoli Florets Fruit Mix Fat Free Milk Choice
21 Popcorn Chicken (WSED) Soft Baked Pretzel Carrot Coins Sliced Pears  Fat Free Milk Choice	22 Chicken Fajita (WSD) Soft Shell Tortilla Mixed Veggies Apple Slices  Fat Free Milk Choice "Free Cookie With Main Lunch"	23 Grande Nachos (SWD) Crisp Corn Tortilla Round Lettuce, Tomato, Cheese Fiesta Rice Southwest Beans Mixed Fruit  Fat Free Milk Choice	24 Oven Roasted Turkey (WSD) Sweet Potato Gravy Fruit Crisp  Fat Free Milk Choice <b>**STICKER DAY**</b>	25 Breakfast For Lunch Cinnamon Swirl Waffles (WESD) Tator Tots Corn Peach Cobbler  Fat Free Milk Choice
<b>No Lunch service for the week of 1/28/2013 thru 2/1/2013 Parent Teachers Conference</b>	Questions or comments? Please call Vincent Palmiero Food Service Director at 732-972-2000 ext.6730 or email @ vpalmiero@marlboro.k12.nj.us	 Locally Grown Produce 	You may prepay for lunch Make Checks Payable to: MTBOE Cafeteria Fund or visit our online system: <a href="http://www.payforit.net">www.payforit.net</a> Student Lunch Price:\$2.10 Reduced Lunch-\$ .40	<b>ALLERGY KEY</b> W – WHEAT S – SOY D – DAIRY E – EGGS We offer info on ingredients that may be contained in menu items. In case of severe allergies, please use your discretion when allowing your child to purchase lunch



**Available Daily:** (All Alternate Items come with Low Fat Milk Choice and components of the day)  
Assorted Deli Sandwich      Variety of Mixed Green Salads

**Alternate Available Daily**  
Cheeseburger/ Chicken Patty/ Tony's 5 in personal pizza

**ALA CARTE ITEMS**

- Baked Fries-\$1.00
- Baked Pretzel- \$1.25
- Bagel w/ Butter or Cream Cheese-\$1.50
- 100 % Juice Beverage-\$1.50
- Variety of Reduced Fat Ice Cream- &1.50
- Assorted baked Chips \$1.00
- Otis Spunkmeyer Cookies \$ .50

This Chartwells program is designed to identify the better-for-you snack, beverage, and meat choices within the school using a colorful icon. Balanced Choices offerings meet nutrient and portion standards that aim to reduce fat, saturated fat, cholesterol, and sodium, while ensuring that each selection meets a positive contribution of vitamins, minerals, and fiber.

FULL student lunch includes choice of entrée including meat or meat substitute & bread/grain accompaniment(s), two (2) vegetable/fruit side dishes, and choice of low fat milk. Milk choices include skim and skim chocolate. **Menu Questions or Comments?** Please contact Vincent Palmiero, 732-972-2000 ext.6730 or email @ vpalmiero@marlboro.k12.nj.us  
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.

