

Chartwells School Dining Services
Legacy Christian Schools Elementary Menu
February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Price \$2.40 Reduced Price \$.40 Milk \$.45 Lunch includes choice of entrée, two vegetable/fruit dishes and choice of low fat milk (white & chocolate) All Prairie Farms milk comes from cows not treated with artificial growth hormones				
30 Cheese Burger on WG Bun or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce Seasoned Green Beans Baked Cinnamon Apple Slices Choice of Milk	31 Pepperoni Pizza on Whole Grain Crust or Turkey Hot Dog on Whole Wheat Bun Warm Baked Beans Chilled Pineapple Tidbits Choice of Milk	1 WG Mini Corn Dogs w/ Breadstick or Grilled Chicken Sandwich on Whole Wheat Bun Tossed Romaine Salad Fresh Banana Choice of Milk	2 Whole Grain French Toast Sticks w/ Turkey Sausage or WG Baked Chicken Nuggets Served w/ Corn Bread Muffin Baked Tater Tots Orange Wedges Choice of Milk	3 Soft Shell Beef Taco served w/ Cheese and Lettuce or Baked Fish Nuggets w/ Tartar Sauce Corn on the Cob Chilled Mixed Fruit Choice of Milk
Weekly Alternatives: Junior Turkey and Cheese Sandwich on Whole Wheat Bun w/ Baby Carrots, Fruit and Milk				
6 BBQ Riblet on Whole Grain Bun or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce Baked Sweet Potato Coins Fresh Michigan Apple Choice of Milk	7 Baked Popcorn Chicken Bites or Turkey Hot Dog on Whole Wheat Bun Warm Baked Beans Chilled Pineapple Tidbits Choice of Milk	8 Classic Hamburger on Whole Wheat Bun or Grilled Chicken Sandwich on Whole Wheat Bun Tossed Romaine Salad Fresh Banana Choice of Milk	9 Pasta & Italian Meat Sauce w/ Dinner Roll or WG Baked Chicken Nuggets Served w/ Corn Bread Muffin Steamed Broccoli w/ Sprinkled Cheese Orange Wedges Choice of Milk	10 Cheese Pizza on Whole Grain Crust or Baked Fish Nuggets w/ Tartar Sauce Corn on the Cob Chilled Mixed Fruit Choice of Milk
Weekly Alternatives: Cereal Fun Lunch (Frosted Mini Wheats Cereal, Hard Boiled Egg, Raisins), Fruit and Milk				
13 Chicken & Red Bean Burrito w/ Burrito Sauce & Cheese or Cheese Filled Whole Grain Bread sticks w/ Dipping Sauce Baked Sweet Potato Fries Chilled Pears Choice of Milk	14 Fresh Taco Salad w/ Tortilla Shell Rounds or Turkey Hot Dog on Whole Wheat Bun Brown Rice & Beans Chilled Peaches Choice of Milk	15 Cheesy Macaroni & Whole Grain Dinner Roll or Grilled Chicken Sandwich on Whole Wheat Bun Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	16 Whole Grain Pancakes w/ Turkey Sausage Links or WG Baked Chicken Nuggets Served w/ Corn Bread Muffin Crispy Tater Tots Orange Smiles Choice of Milk	17 No School Mid Winter Break!!!
Weekly Alternatives: Junior Ham & Cheese Sandwich on Whole Wheat Bun w/ Celery Sticks, Fruit and Milk				
20 No School Mid Winter Break!!!	21 Classic Cheeseburger on Whole Wheat Bun or Turkey Hot Dog on Whole Wheat Bun Warm Baked Beans Fruit Crisp Choice of Milk	22 Chicken & Cheese Quesadilla served w/ Salsa or Grilled Chicken Sandwich on Whole Wheat Bun Steamed Broccoli w/ Cheese Chilled Pears Choice of Milk	23 Carved Turkey with Homemade Gravy or WG Baked Chicken Nuggets Served w/ Corn Bread Muffin Mashed Potatoes Fresh Banana Choice of Milk	24 Pepperoni Pizza on Whole Grain Crust or Baked Fish Nuggets w/ Tartar Sauce Tossed Romaine Salad Chilled Applesauce Choice of Milk
Weekly alternatives: Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit and Milk				

Menu Questions or Comments? Please contact Mike Slager, FSD, 616-530-7522

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.



Go to MyPyramid.gov/ for online personal wellness resources for you and your family

