

Chartwells School Dining Services
Fulton Elementary Lunch Menu
March 2010
Lunch Price \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg & Cheese Bagel Hash Brown Potato Cinnamon Applesauce Low Fat Milk	2 Beef & Bean Burrito Sweet Peas Chilled Pineapple Low Fat Milk	3 Chicken Drumstick Mashed Potatoes & Gravy Chilled Peaches Dinner Roll Low Fat Milk	4 Balanced Choices Meal Beef Ravioli Green Beans Chilled Peas Bread & Butter Low Fat Milk	5 Balanced Choices Meal Pepperoni Pizza Golden Corn Mixed Fruit Low Fat Milk 3rd Choice: Fish Sandwich
8 Balanced Choices Meal BBQ Rib on a Bun Green Beans Fresh Orange Wedges Low Fat Milk	9 French Toast Sticks With Maple Syrup Sausage Links Hash Brown Potato 100% Fruit Juice Low Fat Milk	10 Balanced Choices Meal Cheesy Pizza Sweet Peas Cinnamon Applesauce Low Fat Milk	11 ½ Day No Lunches But Join Us For Breakfast!	12 ½ Day No Lunches But Join Us For Breakfast!
15 Balanced Choices Meal Spaghetti With Meat Sauce Mixed Vegetables Peach Cup Breadstick Low Fat Milk	16 Balanced Choices Meal 2 Bosco Sticks With Dipping Sauce Golden Corn Cinnamon Applesauce Low Fat Milk	17 Beefy Nachos Green Beans Chilled Peas Low Fat Milk	18 Yogurt With String Cheese Tater Tots Fresh Orange Wedges States & Capitols Cookies Low Fat Milk	19 Balanced Choices Meal Pepperoni Pizza Steamed Broccoli Mixed Fruit Low Fat Milk 3rd Choice: Fish Sandwich
22 Macaroni & Cheese Sweet Peas Chilled Pineapple Dinner Roll Low Fat Milk	23 Beef Stew With a Biscuit Golden Corn Chilled Peas Low Fat Milk	24 Chicken Nuggets Hash Brown Potato Mandarin Oranges Dinner Roll Low Fat Milk	25 Cheeseburger on a Bun Baked Beans Cinnamon Applesauce Low Fat Milk	26 Balanced Choices Meal Cheesy Pizza Green Beans Fresh Apple Low Fat Milk 3rd Choice: Fish Sandwich
29 SPRING BREAK	30	31	MARCH IS READING MONTH	MARCH 8 th -12 th IS NATIONAL SCHOOL BREAKFAST WEEK!
<u>Alternate Lunches</u>				
<i>Mondays:</i> Pizza Pocket Vegetable & Fruit Choice Milk	<i>Tuesdays:</i> Hot Dog on a Bun Vegetable & Fruit Choice Milk	<i>Wednesdays:</i> Ham Chef Salad With a Choice of Dressing Crackers Vegetable & Fruit Choice Milk	<i>Thursdays:</i> Breaded Chicken Patty On a Bun Vegetable & Fruit Choice Milk	<i>Fridays:</i> Smucker's Crustless PBJ Vegetable & Fruit Choice Milk

Menu item is a Balanced Choices Meal Selection. This meal choice meets precise nutritional parameters.

Menu item is made with fresh locally grown produce.

*This menu item is made with whole grain.

Daily Milk Choices Include: Low Fat White and Low Fat Chocolate

Menu Questions or Comments? Please contact Debbie Dayringer, 989-236-5642

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