




Chartwells School Dining Services
Fulton Elementary Lunch Menu
November 2009
Lunch Price \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Golden Corn Dog Baked Beans Chilled Peaches Milk</p>	<p>3  Balanced Choices Meal: Beef Ravioli Green Beans Fresh Fruit Dinner Roll  Milk</p>	<p>4 Mini Pancakes Sausage Hash Brown Potato 100% Fruit Juice Dinner Roll Milk</p>	<p>5 Cheeseburger on a Bun  Sweet Peas Chilled Pears Milk</p>	<p>6  Balanced Choices Meal: Pepperoni Pizza Golden Corn Farm Fresh Apple Milk</p>
<p>9  Balanced Choices Meal: Spaghetti With Meat Sauce Sweet Peas Chilled Pineapple Milk</p>	<p>10 Turkey & Cheese on a Bun  Hash Brown Potato Fresh Baked Brownie Milk</p>	<p>11 Chicken Tenders Crisp Tater Tots Cinnamon Applesauce Dinner Roll Milk</p>	<p>12 Chicken & Cheese Quesadilla Green Beans Chilled Apricots Milk</p>	<p>13  Balanced Choices Meal: Cheesy Pizza Steamed Broccoli Chilled Pears Milk</p>
<p>16 Beef & Bean Burrito With Cheese Sauce Green Beans Chilled Peaches Milk</p>	<p>17 Thanksgiving Lunch Turkey Gravy Mashed Potatoes Stove Top Stuffing Candied Sweet Potatoes Dinner Roll / Fresh Fruit Milk</p>	<p>18  Balanced Choices Meal: 2 Bosco Sticks  With Dipping Sauce Golden Corn Cinnamon Applesauce Milk</p>	<p>19  Balanced Choices Meal: Mini Corn Dogs  Mixed Vegetables Chilled Pears Milk</p>	<p>20  Balanced Choices Meal: Pepperoni Pizza California Blend Chilled Pineapple Milk</p>
<p>23 Egg & Cheese Bagel Sausage Hash Brown Potato Cinnamon Applesauce Milk</p>	<p>24 Beef Stew With a Biscuit Golden Corn Peaches Milk</p>	<p>25 ½ Day No Lunches Served But Join Us For Breakfast</p>	<p>26 No School Happy Thanksgiving!!</p>	<p>27 No School</p>
<p>30 Creamy Macaroni & Cheese With a Dinner Roll  Sweet Peas Chilled Pineapple Milk</p>			<p>Salad Bar with Fresh Fruits and Vegetables Available Daily</p>	<p>ENJOY OUR FARM FRESH FRIDAY PRODUCE!</p>
<u>Alternate Lunches</u>				
<p><i>Mondays:</i> Pizza Pocket Vegetable & Fruit Choice Milk</p>	<p><i>Tuesdays:</i> Hot Dog on a Bun Vegetable & Fruit Choice Milk</p>	<p><i>Wednesdays:</i> Ham Chef Salad With a Choice of Dressing Crackers Vegetable & Fruit Choice Milk</p>	<p><i>Thursdays:</i> Breaded Chicken Patty On a Bun  Vegetable & Fruit Choice Milk</p>	<p><i>Fridays:</i> Smucker's Crustless PBJ Vegetable & Fruit Choice Milk</p>



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

