



Chartwells School Dining Services at HURLBUTT ELEMENTARY SCHOOL

Student Lunch \$2.95 - Boars Head Sandwiches \$3.25 - Reduced price \$0.40

A full student lunch includes a choice of entrée supplying protein and grain, unlimited fruits, vegetables, and a choice of milk.

Milk choices include 1% white, skim and skim chocolate.

A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

For more nutritional information on this months menu please visit www.westonps.nutrislice.com or download the nutrislice ap from your mobile ap store



January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
	<u>Choice of Hot Lunch Item:</u> Whole Grain Pizza Dunkers with Pizza Dipping Sauce -OR- Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick	<u>Choice of Hot Lunch Item:</u> Whole Grain Barilla Rotini Pasta with Homemade Meat Sauce or Homemade Tomato Sauce -OR- Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick	<u>Choice of Hot Lunch Item:</u> All Beef Hamburger/Cheddar Cheeseburger on Whole Grain Bun -OR- Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick	<u>Choice of Hot Lunch Item:</u> Classic Cheese Pizza on Whole Grain Crust -OR- Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick
	<u>Hot Vegetable of the Day:</u> Seasoned Green Beans & Carrots	<u>Hot Vegetable of the Day:</u> Seasoned Broccoli	<u>Hot Vegetable of the Day:</u> Oven Baked French Fries & Seasoned Mixed Vegetables	<u>Hot Vegetable of the Day:</u> Seasoned Corn
	<u>Choice of Cold Lunch Item:</u> (A) Sun butter & Jelly on Whole Grain (B) Boars Head Ham & Cheddar on Whole Grain (C) Protein Box: Hard Cooked Cage Free Egg, String Cheese, Whole Grain Breadsticks, Fresh Red Grapes	<u>Choice of Cold Lunch Item:</u> (A) Sun butter & Jelly on Whole Grain (B) Boars Head Turkey & Cheddar on Whole Grain (C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WG Breadstick	<u>Choice of Cold Lunch Item:</u> (A) Sun butter & Jelly on Whole Grain (B) Boars Head Ham & Cheddar on Whole Grain (C) Protein Box: Hard Cooked Cage Free Egg, String Cheese, Whole Grain Breadsticks, Fresh Red Grapes	<u>Choice of Cold Lunch Item:</u> (A) Sun butter & Jelly on Whole Grain (B) Boars Head Turkey & Cheddar on Whole Grain (C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WG Breadstick
	<u>Today's Chilled Fruit & Veggie Bar:</u> Broccoli Florets Fresh Grapes Celery Sticks Golden Delicious Apples & More!	<u>Today's Chilled Fruit & Veggie Bar:</u> Cherry Tomatoes Baby Carrots Apple Sauce Raisins & More!	<u>Today's Chilled Fruit & Veggie Bar:</u> Cucumbers Chick Pea Salad Cantaloupe Oranges & More!	<u>Today's Chilled Fruit & Veggie Bar:</u> Bell Pepper Strips Chopped Romaine Lettuce Oranges Red Delicious Apple & More!
9	10	11	12	13
<u>Choice of Hot Lunch Item:</u>	<u>Choice of Hot Lunch Item:</u>	<u>Choice of Hot Lunch Item:</u>	<u>Choice of Hot Lunch Item:</u>	<u>Choice of Hot Lunch Item:</u>

<p><i>BREAKFAST FOR LUNCH!</i> Whole Grain Waffles Warm Homemade Strawberry Sauce Turkey Breakfast Sausage Links</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Oven Baked Potato Tots</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WG Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar: Chopped Romaine Lettuce Green Pepper Strips Cantaloupe Oranges & More!</p>	<p>Whole Grain Barilla Rotini Pasta with Homemade Meat Sauce or Homemade Tomato Sauce</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Broccoli</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Ham & Cheddar on Whole Grain</p> <p>(C) Protein Box: Hard Cooked Cage Free Egg, String Cheese, Whole Grain Breadsticks, Fresh Red Grapes</p> <p>Today's Chilled Fruit & Veggie Bar: Cucumber Broccoli Florets Strawberries Fresh Pear & More!</p>	<p>All Beef Hot Dog on a Whole Grain Bun with Oven Baked French Fries</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Oven Baked French Fries & Seasoned Green Beans</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WG Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar: Red Pepper Strips Baby Carrots Grapes Oranges & More!</p>	<p><i>Nachos!</i> Seasoned All Beef Nacho Meat Whole Grain Corn Chips Shredded Cheddar Lettuce and Salsa</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Corn</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Ham & Cheddar on Whole Grain</p> <p>(C) Protein Box: Hard Cooked Cage Free Egg, String Cheese, Whole Grain Breadsticks, Fresh Red Grapes</p> <p>Today's Chilled Fruit & Veggie Bar: Chopped Romaine Celery Sticks Raisins Golden Delicious Apple & More!</p>	<p>Classic Cheese Pizza on Whole Grain Crust</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Broccoli</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WG Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar: Broccoli Florets Pepper Strips Cherry Tomato Red Delicious Apple & More!</p>
		<p>18</p> <p>Choice of Hot Lunch Item:</p> <p>Whole Grain Barilla Rotini Pasta with Homemade Meat Sauce or Homemade Tomato Sauce</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Broccoli</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WG Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar: Cherry Tomatoes Baby Carrots Apple Sauce Raisins & More!</p>	<p>19</p> <p>Choice of Hot Lunch Item:</p> <p>All Beef Hamburger/Cheddar Cheeseburger on Whole Grain Bun</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Oven Baked French Fries & Seasoned Mixed Vegetables</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Ham & Cheddar on Whole Grain</p> <p>(C) Protein Box: Hard Cooked Cage Free Egg, String Cheese, Whole Grain Breadsticks, Fresh Red Grapes</p> <p>Today's Chilled Fruit & Veggie Bar: Cucumbers Chick Pea Salad Cantaloupe Oranges & More!</p>	<p>20</p> <p>Choice of Hot Lunch Item:</p> <p>Classic Cheese Pizza on Whole Grain Crust</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Corn</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WG Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar: Bell Pepper Strips Chopped Romaine Lettuce Oranges Red Delicious Apple & More!</p>
<p>23</p> <p>Choice of Hot Lunch Item:</p>	<p>24</p> <p>Choice of Hot Lunch Item:</p>	<p>25</p> <p>Choice of Hot Lunch Item:</p>	<p>26</p> <p>Choice of Hot Lunch Item:</p>	<p>27</p> <p>Choice of Hot Lunch Item:</p>

<p><i>BREAKFAST FOR LUNCH!</i> Whole Grain Waffles Warm Homemade Strawberry Sauce Turkey Breakfast Sausage Links</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Oven Baked Potato Tots</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WC Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar:</p> <p>Chopped Romaine Lettuce Green Pepper Strips Cantaloupe Oranges & More!</p>	<p>Whole Grain Barilla Rotini Pasta with Homemade Meat Sauce or Homemade Tomato Sauce</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Broccoli</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Ham & Cheddar on Whole Grain</p> <p>(C) Protein Box: Hard Cooked Cage Free Egg, String Cheese</p> <p>Today's Chilled Fruit & Veggie Bar:</p> <p>Cucumber Broccoli Florets Strawberries Fresh Pear & More!</p>	<p>All Beef Hot Dog on a Whole Grain Bun with Oven Baked French Fries</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Oven Baked French Fries & Seasoned Green Beans</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WC Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar:</p> <p>Red Pepper Strips Baby Carrots Grapes Oranges & More!</p>	<p><i>Nachos!</i> Seasoned All Beef Nacho Meat Whole Grain Corn Chips Shredded Cheddar Lettuce and Salsa</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Corn</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Ham & Cheddar on Whole Grain</p> <p>(C) Protein Box: Hard Cooked Cage Free Egg, String Cheese</p> <p>Today's Chilled Fruit & Veggie Bar:</p> <p>Chopped Romaine Celery Sticks Raisins Golden Delicious Apple & More!</p>	<p>Classic Cheese Pizza on Whole Grain Crust</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Broccoli</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WC Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar:</p> <p>Broccoli Florets Pepper Strips Cherry Tomato Red Delicious Apple & More!</p>
--	--	--	--	---

<p>30</p> <p>Choice of Hot Lunch Item:</p> <p><i>BREAKFAST FOR LUNCH!</i> Bacon, Egg & Cheese Sandwich on Whole Grain Bun</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Oven Baked Potato Tots & Roasted Carrot "Fries"</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Turkey & Cheddar on Whole Grain</p> <p>(C) Whole Grain Apple Cinn Muffin, String Cheese, Stonyfield Organic Strawberry Banana Yogurt, Carrot Sticks, WC Breadstick</p> <p>Today's Chilled Fruit & Veggie Bar:</p> <p>Chopped Romaine Lettuce Strawberries Raisins Oranges & More!</p>
--

<p>31</p> <p>Choice of Hot Lunch Item:</p> <p>Whole Grain Pizza Dunkers with Pizza Dipping Sauce</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Green Beans & Carrots</p> <p>Choice of Cold Lunch Item:</p> <p>(A) Sun butter & Jelly on Whole Grain</p> <p>(B) Boars Head Ham & Cheddar on Whole Grain</p> <p>(C) Protein Box: Hard Cooked Cage Free Egg, String Cheese, Whole Grain Breadsticks, Fresh Broccoli Florets</p> <p>Today's Chilled Fruit & Veggie Bar:</p> <p>Broccoli Florets Fresh Grapes Celery Sticks Golden Delicious Apples & More!</p>

DARK LEAFY GREENS



Snacks are served every Tuesday and Friday after students finish their lunches!

Snack Choices Include: Baked Lays, Heartzels Whole Grain Pretzels, Whole Grain Apple Cinnamon/Blueberry Mini Muffin, Whole Grain Cinnamon Graham Sticks, Fresh Baked Whole Grain Chocolate Chip Cookie, Assorted Fresh Fruit/Vegetables, Milk, Water

Questions or comments?
 Andre Santelli, FMP Director (203) 291-1438
 Maria DiTuri Assistant Director (203) 291-1627

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.

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our guidelines:

Our guidelines.

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables.

Provide more whole grain foods.

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

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

To learn more about Chartwells go to www.EatLearnLive.com



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