



Weston Middle School
December 2016

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



A full student lunch includes a choice of entrée supplying protein and grain, unlimited fruits and vegetables. Milk choices include 1% white, skim and skim chocolate. In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar 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.

Student Lunch Price \$ 3.55, Boars Head \$ 3.95, Reduced Lunch Price \$ 0.40

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Asian Chicken Noodle Broth Bowl Seasoned Chicken - Whole Grain Noodles Carrots, Baby Spinach, Green Onions, Broccoli Ginger-Soy-Chicken Broth	2 Chicken Penne Whole Grain Barilla Penne Tossed with Chicken & Bacon Diced Tomatoes & Spinach Roasted Green Beans Italian Breadstick
				Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice
	5 Carving Station Herb & Mustard Crusted Roast Loin of Pork Homemade Warm Apple Crisp Dilled Carrots and Zucchini	6 T.M.B. Salad Flat Sliced Fresh Mozzarella, Plum Tomatoes and Basil over Oven Toasted Whole Grain Flatbread Pickled Beet- Citrus -Cucumber Salad	7 Chipotle Lime Rotisserie Chicken Pineapple- Jalapeno Slaw Cilantro Lemon Whole Grain Rice	8 Rice Bowl Chicken & Vegetable Whole Grain Fried Rice Pineapple Carrots Sweet and Spicy Green Beans	9 Pasta Bar Whole Grain Barilla Pasta Choice of Sauces Marinara - Bolognese - Creamy Tomato Alfredo Seasoned Broccoli
	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice
	12 BACK FOR A LIMITED TIME! 3 Cheese Grilled Cheese Sandwich Choice of Soup: Tomato Basil Bisque or Chicken Noodle Seasoned Broccoli	13 Breakfast for Lunch Whole Grain Waffles Warm Homemade Strawberry Sauce Turkey Breakfast Sausage Links Oven Baked Potato Puffs	14 Tacos Traditional Hard Shell Tacos Seasoned Ground Beef Shredded Cheddar Lettuce & Tomato Whole Grain Spanish Rice	15 Teriyaki Chicken Lucky Fried Rice Crispy Asian Topping Steamed Edamame	16 Roasted Veggie Pasta Whole Grain Barilla Pasta, Roasted Eggplant, Roasted Peppers, Cherry Tomatoes & Shredded Mozzarella Garlic Bread Stick Sautéed Broccoli Rabe
	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice
	19 Hot Dog Twists All Beef Hot Dogs Wrapped in Baked Whole Grain Dough Seasoned Potato Wedges Boston Baked Beans	20 Chicken Milanese Crispy Whole Grain Breaded Chicken Breast Topped with Arugula, Shredded Parmesan and Chopped Tomatoes, Herbed Croutons & Balsamic	21 Wings BBQ Glazed Chicken Wings Celery & Carrot Sticks Ranch Dip Cinnamon Breadstick	22 Asian Chicken Noodle Broth Bowl Seasoned Chicken - Whole Grain Noodles Carrots, Baby Spinach, Green Onions, Broccoli Ginger-Soy-Chicken Broth	23 Chicken Penne Whole Grain Barilla Penne Tossed with Chicken & Bacon Diced Tomatoes & Spinach Roasted Green Beans Italian Breadstick
	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice	Fruit/Vegetable Bar & Milk Choice
	Monday's Special Pepperoni	Tuesday's Special Roasted Vegetable	Wednesday's Special Buffalo Chicken	Thursday's Special Chicken Bacon Ranch	Friday's Special Dunkers w/Dipping Sauce
	CHEESE PIZZA AVAILABLE - MONDAY thru THURSDAY Fruit/Vegetable Bar & Milk Choice				
	Made to order Boar's Head Sandwiches daily! Choose from a selection of Boars Head deli meats, marinated sliced grilled chicken, tuna and natural cheeses Assorted whole grain breads, romaine lettuce, fresh sliced tomatoes, cucumbers, peppers, shredded carrots, onions and much MORE! Includes Fruit and Veggie Bar Complete the meal with choice of milk				
	Hamburgers, Cheeseburgers and Whole Grain Chicken Tender Boats available daily! Hamburgers & Cheeseburgers are served on Whole Grain Buns with Oven Baked Fries - Tenders are served with Southwest Corn Salsa and Whole Grain Corn Chips Includes Fruit and Veggie Bar - Complete the meal with choice of milk				
	Create your own salad bar daily! Vegetable choices include: Romaine Lettuce, Tomato, Cucumber, Carrots, Peppers, Olives, Garbanzo Beans and much MORE! Protein choice (chicken, tuna, egg, natural cheeses), assorted dressings, homemade croutons & dinner rolls Complete the meal with a whole grain roll, fresh fruit choice and a milk				
	Fresh Shredded Carrots Broccoli Florettes Sweet Corn Salad Assorted Seasonal Fresh Fruit	Romaine Cucumber Tomato Assorted Seasonal Fresh Fruit	Chick Pea Salad Red Pepper Strips Cucumber Assorted Seasonal Fresh Fruit	Corn & Black Bean Salad Chopped Romaine Lettuce Garbanzo Beans Assorted Seasonal Fresh Fruit	Fresh Shredded Carrots Cucumber Fresh Red Pepper Strips Assorted Seasonal Fresh Fruit



GRAB AND GO PREMADE COLD SALADS AND SANDWICHES

Sunbutter and Jelly Sandwich on Sliced Whole Grain - available daily

Edamame-Hummus Dip with Cuidte and Grapes

Grilled Chicken, Roasted Peppers, Fresh Mozzarella Flatbread Sandwich

All of the above include Fruit and Veggie Bar - Complete the meal with choice of milk

FOOD FOCUS DECEMBER

ROOT VEGETABLES

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

Our Guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

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.

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



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