



Weston Middle School  
January 2017


For more nutritional information on this months menu please visit [www.westonps.nutrislice.com](http://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	
		<b>3</b> <b>Breakfast for Lunch</b> Whole Grain Waffles Warm Homemade Strawberry Sauce Turkey Breakfast Sausage Links Oven Baked Potato Puffs  Fruit/Vegetable Bar & Milk Choice	<b>4</b> <b>Tacos</b> Traditional Hard Shell Tacos Seasoned Ground Beef Shredded Cheddar Lettuce & Tomato  Whole Grain Spanish Rice  Fruit/Vegetable Bar & Milk Choice	<b>5</b> <b>Teriyaki Chicken</b> Lucky Fried Rice Crispy Asian Topping Steamed Edamame  Fruit/Vegetable Bar & Milk Choice	<b>6</b> <b>Roasted Veggie Pasta</b> Whole Grain Barilla Pasta, Roasted Eggplant, Roasted Peppers, Cherry Tomatoes & Shredded Mozzarella  Garlic Bread Stick Sautéed Broccoli Rabe  Fruit/Vegetable Bar & Milk Choice	
	<b>9</b> <b>Hot Dog Twists</b> All Beef Hot Dogs Wrapped in Baked Whole Grain Dough Seasoned Potato Wedges  Boston Baked Beans  Fruit/Vegetable Bar & Milk Choice	<b>10</b> <b>Chicken Milanese</b> Crispy Whole Grain Breaded Chicken Breast  Topped with Arugula, Shredded Parmesan and Chopped Tomatoes, Herbed Croutons & Balsamic  Fruit/Vegetable Bar & Milk Choice	<b>11</b> <b>Wings</b> BBQ Glazed Chicken Wings Celery & Carrot Sticks Ranch Dip  Cinnamon Breadstick  Fruit/Vegetable Bar & Milk Choice	<b>12</b> <b>Asian Chicken Noodle Broth Bowl</b> Seasoned Chicken - Whole Grain Noodles Carrots, Baby Spinach, Green Onions, Broccoli Ginger-Soy-Chicken Broth  Fruit/Vegetable Bar & Milk Choice	<b>13</b> <b>Chicken Penne</b> Whole Grain Barilla Penne Tossed with Chicken & Bacon Diced Tomatoes & Spinach  Roasted Green Beans Italian Breadstick  Fruit/Vegetable Bar & Milk Choice	
			<b>18</b> <b>Chipotle Lime Rotisserie Chicken</b> Pineapple- Jalapeno Slaw Cilantro Lemon Whole Grain Rice  Fruit/Vegetable Bar & Milk Choice	<b>19</b> <b>Rice Bowl</b> Chicken & Vegetable Whole Grain Fried Rice  Pineapple Carrots Sweet and Spicy Green Beans  Fruit/Vegetable Bar & Milk Choice	<b>20</b> <b>Pasta Bar</b> Whole Grain Barilla Pasta Choice of Sauces Marinara - Bolognese - Creamy Tomato Alfredo  Seasoned Broccoli  Fruit/Vegetable Bar & Milk Choice	
	<b>23</b> <b>Southwest Chicken Salad Flat</b> Diced Chicken, Cheddar, Romaine, Roasted Tomatoes-Onions-Corn Creamy Southwest Dressing  Piled on an Oven Toasted Whole Grain Flatbread  Fruit/Vegetable Bar & Milk Choice	<b>24</b> <b>Breakfast for Lunch</b> Whole Grain Waffles Warm Homemade Strawberry Sauce Turkey Breakfast Sausage Links Oven Baked Potato Puffs  Fruit/Vegetable Bar & Milk Choice	<b>25</b> <b>Tacos</b> Traditional Hard Shell Tacos Seasoned Ground Beef Shredded Cheddar Lettuce & Tomato  Whole Grain Spanish Rice  Fruit/Vegetable Bar & Milk Choice	<b>26</b> <b>Teriyaki Chicken</b> Lucky Fried Rice Crispy Asian Topping Steamed Edamame  Fruit/Vegetable Bar & Milk Choice	<b>27</b> <b>Roasted Veggie Pasta</b> Whole Grain Barilla Pasta, Roasted Eggplant, Roasted Peppers, Cherry Tomatoes & Shredded Mozzarella  Garlic Bread Stick Sautéed Broccoli Rabe  Fruit/Vegetable Bar & Milk Choice	
	<b>30</b> <b>Hot Dog Twists</b> All Beef Hot Dogs Wrapped in Baked Whole Grain Dough Seasoned Potato Wedges  Boston Baked Beans  Fruit/Vegetable Bar & Milk Choice	<b>31</b> <b>Chicken Milanese</b> Crispy Whole Grain Breaded Chicken Breast  Topped with Arugula, Shredded Parmesan and Chopped Tomatoes, Herbed Croutons & Balsamic  Fruit/Vegetable Bar & Milk Choice	 			
		<b>Monday's Special</b> Pepperoni	<b>Tuesday's Special</b> Roasted Vegetable	<b>Wednesday's Special</b> Buffalo Chicken	<b>Thursday's Special</b> Chicken Bacon Ranch	<b>Friday's Special</b> Dunkers w/Dipping Sauce
	<b>CHEESE PIZZA AVAILABLE - MONDAY thru THURSDAY</b>					
	Fruit/Vegetable Bar & Milk Choice					
		<b>Made to order Boar's Head Sandwiches daily!</b> 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				
		<b>Hamburgers, Cheeseburgers and Whole Grain Chicken Tender Boats available daily!</b> 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				
	<b>Create your own salad bar daily!</b> 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
<b>GRAB AND GO PREMADE COLD SALADS AND SANDWICHES</b>  Sunbutter and Jelly Sandwich on Sliced Whole Grain - available daily  Edamame-Hummus Dip with Crudite 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					

**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](http://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

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.