



Chartwells School Dining Services at WESTON INTERMEDIATE 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
	<p><u>Choice of Hot Lunch Item:</u></p> <p><i>Nachos!</i> Seasoned Ground Beef Whole Grain Corn Chips Shredded Cheddar Salsa</p> <p>-OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p><u>Hot Vegetable of the Day:</u></p> <p>Seasoned Baby Carrots</p> <p><u>Choice of Cold Lunch Item:</u></p> <p>Sun butter & Jelly on Whole Grain Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles Build your own Salad Bar Toppings Include: Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p><u>Choice of Hot Lunch Item:</u></p> <p>Boars Head Deli Bar Oven Gold Turkey, Maple Galzed Ham, Sliced Cheddar or Swiss Cheese, Veggie Toppings and Assorted Sandwich Spreads</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p><u>Hot Vegetable of the Day:</u></p> <p>Seasoned Green Beans</p> <p><u>Choice of Cold Lunch Item:</u></p> <p>Sun butter & Jelly on Whole Grain Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles Build your own Salad Bar Toppings Include: Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p><u>Choice of Hot Lunch Item:</u></p> <p>Teriyaki Glazed Chicken Lucky Fried Rice Crunchy Asian Topping</p> <p>-OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p><u>Hot Vegetable of the Day:</u></p> <p>Steamed Edamame</p> <p><u>Choice of Cold Lunch Item:</u></p> <p>Sun butter & Jelly on Whole Grain Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles Build your own Salad Bar Toppings Include: Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p><u>Choice of Hot Lunch Item:</u></p> <p>Barilla Pasta Bar with Choice of Marinara or Bolognese Sauce</p> <p>-OR-</p> <p>Whole Grain Baked Chicken Tenders with Whole Grain Garlic Breadstick</p> <p><u>Hot Vegetable of the Day:</u></p> <p>Seasoned Broccoli</p> <p><u>Choice of Cold Lunch Item:</u></p> <p>Sun butter & Jelly on Whole Grain Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles Build your own Salad Bar Toppings Include: Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>
	<p><u>Today's Chilled Fruit & Veggie Bar:</u></p> <p>Broccoli Florets Fresh Grapes Celery Sticks Golden Delicious Apples & More!</p>	<p><u>Today's Chilled Fruit & Veggie Bar:</u></p> <p>Romaine Lettuce Sliced Tomatoes Sliced Cucumbers Chilled Pears & More!</p>	<p><u>Today's Chilled Fruit & Veggie Bar:</u></p> <p>Cucumbers Chick Pea Salad Cantaloupe Oranges & More!</p>	<p><u>Today's Chilled Fruit & Veggie Bar:</u></p> <p>Redl Pepper Strips Grape Tomatoes Carrots Red Delicious Apples & More!</p>
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>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</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>Taco Tuesday! Hard Shell Tacos, Seasoned Beef, Shredded Cheese, Lettuce and Salsa</p> <p>-OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p>Hot Vegetable of the Day:</p> <p>Mexican Corn</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>Boars Head Deli Bar Oven Gold Turkey, Maple Galzed Ham, Sliced Cheddar or Swiss Cheese, Veggie Toppings and Assorted Sandwich Spreads</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 Carrots</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>Asian Chicken Noodle Broth Bowl</p> <p>OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Broccoli</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>Barilla Pasta Bar with choice of Marinara or Bolognese 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>Warm Apple Crisp</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>
<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Chick Pea Salad Red Pepper Strips Apple Sauce Oranges & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Carrots Romaine Lettuce Raisins Granny Smith Apple & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Romaine Lettuce Sliced Tomatoes Cucumbers Chilled Pears & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Cherry Tomatoes Broccoli Florets Zucchini Sticks Red Delicious Apple & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Bell Pepper Strips Cucumbers Carrots Red Grapes & More!</p>
		<p>18</p> <p>Choice of Hot Lunch Item:</p> <p>Boars Head Deli Bar Oven Gold Turkey, Maple Galzed Ham, Sliced Cheddar or Swiss Cheese, Veggie Toppings and Assorted Sandwich Spreads</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>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>19</p> <p>Choice of Hot Lunch Item:</p> <p>Sweet and Sour Chicken Steamed Brown Rice</p> <p>-OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p>Hot Vegetable of the Day:</p> <p>Sweet Chili Green Beans</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>20</p> <p>Choice of Hot Lunch Item:</p> <p>Barilla Pasta Bar with choice of Marinara or Bolognese 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>Green Beans & Carrots</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>
		<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Romaine Lettuce Sliced Tomatoes Sliced Cucumbers</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Bell Pepper Strips Zucchini Sticks Carrots</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Cucumbers Chopped Romaine Lettuce Cherry Tomatoes</p>

		Chilled Pears & More!	Red Delicious Apple & More!	Raisins & More!
<p>23</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>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>24</p> <p>Choice of Hot Lunch Item:</p> <p><i>Nachos!</i> Seasoned Ground Beef Whole Grain Corn Chips Shredded Cheddar Salsa</p> <p>-OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p>Hot Vegetable of the Day:</p> <p>Seasoned Baby Carrots</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>25</p> <p>Choice of Hot Lunch Item:</p> <p>Boars Head Deli Bar Oven Gold Turkey, Maple Galzed Ham, Sliced Cheddar or Swiss Cheese, Veggie Toppings and Assorted Sandwich Spreads</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</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>26</p> <p>Choice of Hot Lunch Item:</p> <p>Teriyaki Glazed Chicken Lucky Fried Rice Crunchy Asian Topping</p> <p>-OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p>Hot Vegetable of the Day:</p> <p>Steamed Edamame</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>27</p> <p>Choice of Hot Lunch Item:</p> <p>Barilla Pasta Bar with Choice of Marinara or Bolognese 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>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>
<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Chopped Romaine Lettuce Strawberries Raisins Oranges & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Broccoli Florets Fresh Grapes Celery Sticks Golden Delicious Apples & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Romaine Lettuce Sliced Tomatoes Sliced Cucumbers Chilled Pears & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Cucumbers Chick Pea Salad Cantaloupe Oranges & More!</p>	<p>Today's Chilled Fruit & Veggie Bar:</p> <p>Redl Pepper Strips Grape Tomatoes Carrots Red Delicious Apples & More!</p>

<p>31</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</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>	<p>31</p> <p>Choice of Hot Lunch Item:</p> <p>Taco Tuesday! Hard Shell Tacos, Seasoned Beef, Shredded Cheese, Lettuce and Salsa</p> <p>-OR-</p> <p>Whole Grain Cheese or Pepperoni Pizza</p> <p>Hot Vegetable of the Day:</p> <p>Mexican Corn</p> <p>Choice of Cold Lunch Item:</p> <p>Sun butter & Jelly on Whole Grain</p> <p>Edamame/Hummus with Crudite and Crispy Whole Grain Tortilla Triangles</p> <p>Build your own Salad Bar Toppings Include:</p> <p>Grilled Chicken Shredded Cheddar Cheese Whole Grain Croutons</p>
--	---

DARK LEAFY GREENS



Today's Chilled Fruit & Veggie**Bar:**

Chick Pea Salad
 Red Pepper Strips
 Apple Sauce
 Oranges
 & More!

Today's Chilled Fruit & Veggie**Bar:**

Carrots
 Romaine Lettuce
 Raisins
 Granny Smith Apple
 & More!

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:

- 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.

