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 Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

 This month's menu items made w/ locally grown produce

New!  This month's meatless menu items!

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! **Look for this symbol in the cafeteria to help you identify whole grain foods.**

<p>Full Lunch \$2.50</p> <p>Reduced Price \$0.40</p> <p>Adult Lunch \$3.25</p> <p>Milk \$0.50</p>	<p>1  Crispy Seasoned Chicken Tenders</p> <p>Mashed Potatoes</p> <p>Steamed Green Beans</p> <p>Fresh Fruit Selection</p>	<p>2   Rotini with Marinara Sauce Cheesy Toast</p> <p>Tossed Salad w/ Light Dressing</p> <p>Fresh Fruit Selection</p>	<p>3 Breakfast for Lunch!</p> <p>Waffle Sticks </p> <p>Turkey Sausage</p> <p>Hash Brown Patty</p> <p>Fresh Fruit Selection</p>	<p>4   Fresh Baked Whole Grain Cheese or Pepperoni Pizza</p> <p>Tossed Salad w/ Low Fat Dressing</p> <p> Fresh Apple</p>
	<p>Weekly Alternates: (B)  Junior Ham & Cheese Sub w/ Lettuce & Tomato (C)  Garden Salad Platter w/ Egg & Cheese & Whole Wheat Dinner Roll (D)   Nacho Fun Lunch</p>			
<p>7  Whole Grain Breaded Chicken Patty on a Whole Wheat Roll</p> <p>Sweet Potato Fries</p> <p>Lettuce & Tomato</p>	<p>8   Tacos* w/Seasoned Meat, Cheese, Lettuce, Tomato & Salsa Served With Soft Tortillas </p> <p>Fresh Fruit Selection</p> <p><i>*Made with ground lean turkey</i></p>	<p>9   Baked Ziti</p> <p>Cheesy Toast</p> <p>Steamed Broccoli</p> <p>Fresh Fruit Selection</p>	<p>10 Baked Popcorn Chicken Served with Dipping Sauces</p> <p>Oven Baked French Fries</p> <p>Seasoned Green Beans</p> <p> Fresh Apple</p>	<p>11  Fresh Baked Whole Grain Cheese or Pepperoni Pizza</p> <p>Seasoned Mixed Veggies</p> <p>Fresh Fruit Selection</p>
<p>Weekly Alternates: (B)  Ham & Cheese on Wheat (C)  Tuna Salad Platter with a Whole Wheat Dinner Roll (D)   Pizza Bagel Fun Lunch</p>				
<p>14   Cheeseburger on a Whole Wheat Bun</p> <p>Green Bean Salad</p> <p>Oven Baked Potato Tots</p> <p> Fresh Apple</p>	<p>15 Beef and Bean Nachos</p> <p>Salsa & Sour Cream</p> <p>Seasoned Mixed Vegetables</p> <p>Chilled Pineapple Cup</p>	<p>16  Barilla Plus Spaghetti with Meatballs</p> <p>Fresh Spinach Salad</p> <p>Fresh Fruit Selection</p>	<p>17   Sloppy Joes</p> <p><i>Mildly seasoned meat on mini whole grain rolls</i></p> <p>Glazed Carrots</p> <p>Fresh Fruit Selection</p>	<p>18   Fresh Baked Whole Grain Cheese or Pepperoni Pizza</p> <p>Garden Salad with and Fat Free Dressing</p>
<p>Weekly Alternates: (B) Italian Grinder w/ Lettuce & Tomato and Fresh Fruit (C)  Three Cheese Salad Platter with Crackers (D) Pepperoni & Cheese Hot Pocket</p>				
<p>21  Toasted Cheese Sandwich with Chicken & Rice Soup</p> <p>Spinach Salad with Carrots and Cucumber</p>	<p>22 Last Day of School!</p>		<p>MEALS ARE OFFERED W/ CHOICE OF ENTRÉE, UNLIMITED FRUITS AND VEGETABLES, AND SKIM, LOW FAT or 1/2% CHOCOLATE MILK</p> <p>ALL of our offerings contain ZERO GRAMS OF TRANS FATS per serving!</p> <p>Snacks are served daily for Grades 1-5</p> <p>Snacks and Ice Cream Sold are all on the Healthy Snack State approved list.</p>	

Have a GREAT Summer!

See you in the Fall!



End of Year News!

1. Please pay your child's negative balance by **June 10th**. If you would like to know your child's balance, please call your school cafeteria or just stop by! You can also go onto MyNutriKids.com to check!
2. Next year, to speed up the line, please deposit money into your child's lunch account. This keeps the lines moving so all children have ample time to eat lunch!
3. Any money left in your child's account will be transferred over into next school year.

