



**Chartwells School Dining Services at Newark Public Schools  
October 2014 Elementary Lunch Menu**

**Student lunch \$2.00**

A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dish, and a choice of milk.  
Milk choices include 1% white and white fat free.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>1</b> <i>Staff Development Day</i>  No School	<b>2</b> Cheeseburger on Whole Grain Bun 3/4c Staight Cut French Fries  Fresh Orange (1)	<b>3</b> PIZZA PARLOR Whole Grain Cheese Pizza  3/4c Green Beans 1/2c Mixed Fruit
<b>6</b> Fish Sticks 3/4c Black Bean Salad 3/4c BROWN RICE  Fresh Apples (1)	<b>7</b> Chicken Nuggets w/WG Dinner Roll 3/4c Sweet Potato Puffs  Fresh Banana (1)	<b>8</b> BBQ Chicken on a WG Bun 3/4c Sautéed Spinach  Fresh Apple Slices (2)	<b>9</b> Roasted Turkey w/ Gravy WG Dinner Roll 1/2c Mashed Potatoes Chilled Cranberry Sauce  Fresh Orange (1)	<b>10</b> PIZZA PARLOR Whole Grain Cheese Pizza 2c Fresh Garden Salad  1/2c Sliced Peaches
<b>13</b> <i>HOLIDAY</i>  <i>COLUMBUS DAY</i>  No School	<b>14</b> Turkey Hot Dog on a WG Bun  3/4c Baked Beans  Fresh Banana (1)	<b>15</b> Chicken Strips w/ BBQ Sauce  3/4c Steamed Spinach  WG Buttermilk Biscuit (1) Fresh Apple Slices (2)	<b>16</b> Cheesy Beef Tacos w/ Toasted Scoops Chips 1/2c Brown Rice 3/4c Hot Corn Confetti  3/4c Spanish Rice Fresh Orange (1)	<b>17</b> PIZZA PARLOR Whole Grain Cheese Pizza  3/4c Garlic Green Beans 1/2c Chunked Pineapple
<b>20</b> 8 oz. Cheesy Mac & Cheese  3/4c Sautéed Spinach  Fresh Apples (1)	<b>21</b> Chicken Fajita w/ WG Wrap 1/4c Salsa 1/2c Diced Tomato Shredded Cheese 1/2c WG Brown Rice  Fresh Banana (1)	<b>22</b> 6 oz Spaghetti & Meatballs w/WG Bread Stick 2c Fresh Tossed Romaine Salad  Fresh Apple Slices (2)	<b>23</b> Cheeseburger on WG Bun   1/2 c Wedge Potato 1/2 c Baked Beans  Fresh Orange (1)	<b>24</b> PIZZA PARLOR Whole Grain Cheese Pizza  3/4c Sautéed Green Beans  1/2 Cup Diced Pears
<b>27</b> 8 oz. Baked Ziti  3/4c Sautéed Spinach  Fresh Apples (1)	<b>28</b> Crispy Chicken Patty on Whole Grain Bun  3/4c Sweet Potatoes Puffs Fresh Banana (1)	<b>29</b> Turkey Hot Dog on WG Bun  3/4c Baked Beans  Fresh Apple Slices (2)	<b>30</b> Cheeseburger on WG Bun  3/4c Corn  Fresh Oranges (1)	<b>31</b> PIZZA PARLOR Whole Grain Cheese Pizza 3/4c Green Beans 1/2c Mixed Fruit
<b>Alternate Entrees</b> (available with daily vegetable and fruit offerings and choice of milk) :				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Turkey Ham & Cheese on Whole Grain	Turkey Bologna on Whole Grain	Turkey & Cheese on Whole Grain	Turkey Bologna on Whole Grain	Turkey & Cheese on Whole Grain
American Cheese on Whole Grain	American Cheese on Whole Grain	American Cheese on Whole Grain	American Cheese on Whole Grain	American Cheese on Whole Grain

