


SOUTH BRUNSWICK ELEMENTARY SCHOOLS
Lunch Menu September 1, 2010– September 30, 2010


Student lunch \$1.90 Reduced price \$.40

Questions or comments? Please call FRANCINE BROOKS, Asst. Food Service Director at 732-329-1043 Ext. 3019

All lunches include a choice of entrée including meat or meat alternative, bread/grain, two servings of vegetable and fruit and a choice of milk.

 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!

Monday	Tuesday	Wednesday	Thursday	Friday
BIRTHDAY PARTIES Fresh Baked Cupcakes or a Healthy Alternative \$1.50/pp w/ juice or milk GUEST OF HONOR IS FREE Reserve Yours Today! 732-329-1043 ext 3019 Francine.Brooks@sbschools.org 3 DAYS NOTICE PLEASE!	ALA CARTE SNACK MENU 4 OZ. Fruit Juice .65 Baked Chips .65 LF Fruited Yogurt .75 Desani® Water .75 Capri Sun® .85 Not all items are available at all schools.	1  Locally Grown Produce  Whole Grain  Balanced Choice	2 <i>This months' focus food</i>  <div style="border: 1px solid black; padding: 5px; text-align: center;">The Peach</div>	3 WELCOME BACK! 
6 HAPPY LABOR DAY! 	7  4 X 6 Whole Grain Pizza Cheese or Pepperoni Baby Carrots Sticks w/ Lt. Ranch Dressing Chilled Peach Slices	8  Toasted Cheese Sandwich Seasoned Green Beans Diced Pears	9 SCHOOL CLOSED ROSH HASHANAH	10 SCHOOL CLOSED ROSH HASHANAH EID AL-FITR
13  Whole Wheat French Toast Sticks w/ Cheesy Egg Omelets Potato Gems Fresh NJ Blueberries 	14  Personal Pan Pizza Cheese or Pepperoni Tossed Salad w/ Lt. Italian Dressing Fresh Crunchy Apple	15  Balanced Choices Meal: Barilla Plus Multi-Grain Pasta Marinara w/Shredded Part Skim Mozzarella Cheese Garlic Wheat Bread Sweet Baby Peas Diced Peaches	16  Beef Steak & Cheese on a Whole Wheat Sub Roll Oven Baked Potato Wedges Chilled Cup of Pears	17  Baked Whole Grain Breaded Chicken Fingers w/ Cornbread Mashed Potatoes Cherry Applesauce
20 Silver Dollar Pancakes w/Maple Syrup Hard Boiled Egg <u>or</u> PORK Sausage Patty Hash Brown Potatoes Sunshine Fresh ♥Healthy Orange	21  Whole Grain Stuffed Crust Pizza 3 Bean Salad Chilled Fruit Cocktail	22  Balanced Choices Meal: Barilla Plus Multi-Grain Pasta Marinara Sauce & Cheese OR BEEF Meatballs Seasoned Broccoli Fresh Red Apple 	23 Sloppy Joe Scoops Savory Lean BBQ Beef w/Baked Whole Grain Scoops® Locally Grown Cucumber Slices w/ Light Ranch Dip Cup of Peaches 	24  Baked Whole Grain Breaded Chicken Nuggets Whole Wheat Dinner Roll Golden Corn Diced Pears
27 Cheesy Egg Omelet Oven Baked Potato Wedges Fresh Apple 	28  Whole Grain Pizza Stix Marinara Sauce Seasoned Carrots Sliced Peaches	29 Cheese & Bean Burrito Spicy Tomato Salsa Crunchy Green Apple 	30 BBQ Beef Patty OR Cheeseburger Sweet Baby Peas Chilled Fruit Cocktail	1 Baked Whole Grain Breaded Chicken Fingers w/ Cheesy Macaroni Seasoned Green Beans Cherry Applesauce
<u>SERVED DAILY: CHEESE ON A BAGEL .BOLOGNA & CHEESE. TUNA SALAD & EGG SALAD ON A WHOLE WHEAT BUN</u> <u>ALTERNATE LUNCHES – ALL ARE SERVED WITH THE FRUIT OF THE DAY AND CHOICE OF MILK</u>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Hot Dog/Veggie & Fruit	Tuna Salad Platter W/Baked Scoops®	Breaded Chicken Patty on a Whole Wheat Bun	Chicken Caesar Salad W/ Fresh Croutons	Fresh Garden Cobb Salad w/Cheese & Crackers
OR				
 Cold Pizza Bagel Fun Lunch (Breadsticks, Pizza Sauce & Shredded Mozzarella Cheese), Fruit, and Milk	 Yogurt & Cracker Stackers Fun Lunch (Yogurt, Turkey Ham, Cheese, Crackers & Mini Carrots)	 Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk	  Whole Grain Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheat Cereal w/ Hard Boiled Egg, Fruit, Pure Fruit Juice, and Milk	Italian Hoagie Mini Carrots w/ Lt. Dressing Fruit & Milk

 **Part of making healthy diet choices means making ½ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol on the menu to help you identify whole grain foods.**



Go to MyPyramid.gov for online personal wellness resources for you and your family.

The National 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.

Welcome Back, We hope you have enjoyed your summer vacation.


A special welcome to the Parents/Guardians of this year's Kindergarteners.

Here are a few important reminders:

1. When sending in lunch money, please mark your child's name and student ID# on the envelope and/or check.
2. Checks are to be made payable to: SOUTH BRUNSWICK BOE .
3. You may also credit monies to your child's account with a debit or credit card on MYLunchmoney.com (a nominal fee will be charged) In addition, you may set up spending limits as well.
4. If you have concerns regarding your child's lunch account, please feel free to call your child's school cafeteria site manager or the Asst. Director of Dining Services, Francine Brooks at 732-329-1043 ext. 3019 Indian Fields Main Campus or send an E-mail to: Francine.Brooks@sbschools.org.
5. Birthday celebration orders require 3 days advance notice. This guarantees your special request items.

REGARDING THE MENU

Menus may change based on availability.

We pride ourselves on offering locally grown produce 

We offer four different entrees daily. Many are geared to the vegetarian lifestyle.

Our breads, pizza doughs, cereals, and pasta re all whole grain offerings 

EAT **Balanced Choice  is a precise nutrition program for meals, snacks, and beverages.**

LEARN **Nurtition and physical activity education for students and staff**

LIVE **Program to build healthy school environment and extend wellness outreach into Home and community.**

E-BITES **Chartwells newsletter for parents encouraging healthy lifestyles for families
Sign up to get yours at www.eatlearnlive.com**