



## SCC & Head Start Lunch Menu April 2017

Chartwells Dining at Lake Shore Public Schools



**Student lunch \$2.45    Reduced price \$.40    Adult Meals \$3.25**

Due to product availability, menu is subject to change without notice

Student lunch includes a choice of entrée with protein and grain, two (2) vegetable side dishes, one (1) fruit side dish and milk.



# April



Monday	Tuesday	Wednesday	Thursday	Friday
<b>10</b> Beef Soft Taco Shredded Cheddar Southwest Black Beans Chilled Pears	<b>11</b> Lake Shore Popcorn Chicken Bowl WG Dinner Roll Rosy Applesauce	<b>12</b> WG French Toast Turkey Sausage Patty Hashbrown Starz Fresh Pear	<b>13</b> Boneless Buffalo Wings Baked Tator Tots Baked Beans WG Dinner Roll Chilled Peaches	<b>14</b> No School 
<b>17</b> WG Chicken Rings WG Dinner Roll Smiley Fries Fresh Apple	<b>18</b> Beef Soft Taco Shredded Cheddar Southwest Black Beans Fresh Orange Smiles	<b>19</b> WG French Toast Sticks Turkey Sausage Patty Hashbrown Starz Pineapple Tidbits	<b>20</b> Breaded Chicken Leg WG Buttered Noodles Seasoned Peas WG Dinner Roll Fresh Banana	<b>21</b> WG French Bread Cheese Pizza Mixed Veggies Fruit Cocktail
<b>24</b> WG Chicken Patty Baked Tator Tots Seasoned Carrots Chilled Pears	<b>25</b> WG Bosco Sticks Sauce for Dippin' Seasoned Green Beans Rosy Applesauce	<b>26</b> WG Pancakes Turkey Sausage Patty Hashbrown Starz Fresh Pear	<b>27</b> Cheeseburger on WG Bun Broccoli/Cheese Chilled Peaches	<b>28</b> WG Chicken Nuggets Seasoned Wedges Baked Beans Fresh Green Apple

For full menu listings, nutritional & allergen information along with pictures please visit [lakeshore.nutrislice.com](http://lakeshore.nutrislice.com) and download the School Lunch app powered by Nutrislice!  
 Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for online personal wellness resources for you and your family

**This institution is an equal opportunity provider**

## This Month's Food Focus: GARDEN VEGETABLES

\*All vegetables can be grown in the garden, but some are easier to grow than others. Garden vegetables that are fun to grow (and eat!) include string beans, leafy greens, tomatoes, squash (summer and winter squash), cucumbers, and potatoes (white and sweet).

\*Vegetable gardens can be planted anywhere, but they need three main things to grow: lots of sunlight, water and good soil

\*If you try a vegetable and don't like how it tastes, try again later, made in a different way-sometimes it takes a few tries to like a new food.



### This Month's Fruit and Vegetable Bar Featured Selections:

Monday	Tuesday	Wednesday	Thursday	Friday
Three Bean Salad	Marinated Cool Cucumbers	Asian Pinto Bean Salad	Lettuce & Tomato Side Salad	Broccoli Ranch Salad with Carrots
Fresh Celery Sticks	Fresh Caesar Salad	Confetti Coleslaw	Spinach, Tomato & Corn Pasta Salad	Fresh Baby Carrots
Chilled Pears	Rosy Applesauce	Pineapple Tidbits	Chilled Peaches	Chilled Fruit Cocktail
Fresh Red Apple	Fresh Orange	Fresh Pear	Fresh Banana	Fresh Green Apple

### 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)



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eat. learn. live.

