

# Middletown Elementary Menu

## November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
1. Buffalo Chicken Sandwich  Hearty Green Salad Fresh or Chilled Fruit	1. 🍷 Hamburger on a Bun  Cucumber Salad Fresh Fruit or Chilled Fruit	1. 🍷 Chicken Nuggets with 🍷 Whole Wheat Bread  Penne & Bean Salad Fresh Apple or Chilled Fruit	1. Meatball Sub 🍷  Oven Baked Fry Fresh Fruit or Chilled Fruit	1. 🍷 Cheese Pizza  Tossed Salad Fresh or Chilled Fruit
<b>Weekly Alternates:</b>	2. Chef Salad Plate* with 🍷 Whole Wheat Italian Bread		3. Turkey Sandwich on 🍷 Whole Wheat Vienna Bread	
9	10	11	12	13
1. 🍷 French Toast Sticks with Syrup & Eggs Warm Cinnamon Apples Fresh Orange Wedges Fresh Banana	1. 🍷 Pizza Dippers with Sauce  Fresh Broccoli Bites Fresh or Chilled Fruit	Veterans' Day Holiday	1. 🍷 Chicken Nuggets with 🍷 Whole Wheat Bread  Confetti Brown Rice Pilaf Fresh Orange	1. 🍷 Cheese Pizza  Veggie Sticks Fresh or Chilled Fruit
<b>Weekly Alternates:</b>	2. Chicken Ranch Salad Plate* with 🍷 Whole Wheat Italian Bread		3. Ham Sandwich on 🍷 Whole Wheat Vienna	
16	17	19	20	
1. 🍷 Hamburger on a Bun  Hearty Green Salad Corn & Fresh Fruit Chilled Fruit	1. 🍷 Chicken Patty Sandwich 🍷  Mixed Vegetables Pineapple Chunks	<b>Autumn Harvest Meal</b> 1. Carved Turkey & Gravy w/ Hearty Wheat Bread & Crisp garden salad  <b>Featuring: Locally grown mashed potatoes, butternut squash and apple</b>	1. Popcorn Chicken w/ Confetti Brown Rice 🍷  Steamed Broccoli Fresh Apple or Chilled Fruit	1. 🍷 Cheese Pizza  Chick Pea Salad Fresh Orange Wedges or Chilled Fruit
<b>Weekly Alternates:</b>	2. 🍷 Bagel Fun Lunch		3. Italian grinder on 🍷 Whole Wheat Sub Roll	
23	24	25	26	27
1. Hot Dog on a Bun  BBQ Baked Beans Fresh or Chilled Fruit	1. Chicken Nuggets with whole wheat Bread 🍷  Mashed Sweet Potato Fresh Apple or Chilled Fruit	1. 🍷 Cheese Pizza  Hearty Green Salad Fresh or Chilled Fruit	Thanksgiving Day Holiday	Thanksgiving Holiday
<b>Weekly Alternates:</b>	2. Grilled Chicken Caesar Salad* with 🍷 Whole Wheat Italian Bread		3. Veggie Fun Lunch w/Cheese & crackers 🍷	
30				
1. 🍷 Nacho Fiesta Plate with Toppings  Brown Rice & Beans Fresh Orange Wedges				
<b>Weekly Alternates:</b>	2. Yogurt & Fruit Fun Lunch with 🍷 Graham Crackers		3. Bologna on 🍷 Whole Wheat Sub Roll	

Menu Subject to Change     🍷 All grain items are made with whole grains.  
All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned).  
\*Meatless options are available upon request where indicated.

"Balanced Choices" meals meet specific nutritional guidelines when all featured menu items are selected  
  
 Chartwells is pleased to offer locally grown produce.

Any questions please call:  
**Director of Dining Services**  
**Linda Benedetti at 848-5026**

**Lunch Prices:** Full Paid: \$2.25    Reduced: \$ .40    Milk \$ .55    Adult: \$3.25