

# Corpus Christi School Lunch Menu

## February 2012

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 featured menu items made w/ locally grown produce

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.

<b>Student Lunch \$2.25</b>  <b>Reduced Price \$0.40</b>  <b>Milk \$0.60</b>  <b>Adult Lunch \$3.70</b>		<b>1</b>  <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Potato Rounds Corn on the Cob Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>2</b>  <b>Creamy Barilla Plus Mac-n-Cheese</b> Seasoned Carrots Whole Wheat Dinner Roll Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>3</b>  Fresh Baked Cheese or Pepperoni Pizza Fresh Garden Salad Light Dressing Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk
<b>Weekly Alternate:</b> (B) Cheerios Ham and Yogurt (C) Triple Decker Peanut Butter and Jelly Sandwich				
<b>6</b>  <b>Chicken Patty on a Bun</b> Seasoned Carrots Mashed Potatoes with Gravy Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>7</b>  <b>Stuffed Shells with Marinara Sauce</b> Tossed Salad with Light Dressing Garlic Breadstick Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>8</b>  <b>Hot Dog on a Bun</b> Oven Baked Tater Tots Baked Beans Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>9</b>  <b>Elbow Macaroni with Beef &amp; Tomato Sauce</b> Italian seasoned lean ground beef, tomatoes, and enriched elbow macaroni offered with Garlic Breadstick Fresh Garden Salad Light Dressing Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>10</b>  <b>Fresh Baked Cheese or Pepperoni Pizza</b> Fresh Garden Salad Light Dressing Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk
<b>Weekly Alternate:</b> (B) Turkey and Cheese Sandwich (C) Triple Decker Peanut Butter & Jelly Sandwich				
<b>13</b>  <b>French Toast Sticks with Syrup</b> Sausage Links Oven Baked Potato Rounds Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>14</b>  <b>Crispy Seasoned Chicken Nuggets</b> Seasoned Green Beans Oven Roasted Potato Dinner Roll Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>15</b>  <b>Hard Shell Taco</b> Mexican Rice Corn Fresh Apple Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>16</b>  <b>Grilled Turkey Ham &amp; Cheese Sandwich</b> Chicken Noodle Soup Seasoned Carrots Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>17</b>  No Lunch Half Day
<b>Weekly Alternate:</b> (B) Tuna Salad Sandwich (C) Triple Decker Peanut Butter & Jelly Sandwich				

## February 20-24 – Winter Recess

<b>27</b>  <b>BBQ Pork Sandwich On a Bun*</b> Steamed Carrots Oven Roasted Potato Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>28</b>  <b>Chicken Parmesan Over Seasoned Pasta*</b> Corn on the Cob Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	<b>29</b>  <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Potato Rounds Corn on the Cob Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk		
<b>Week Alternate:</b> (B) Hard Boiled Egg and Mini Bagel (C) Triple Decker Peanut Butter and Jelly Sandwich				

MEALS ARE OFFERED W/ CHOICE OF ENTRÉE, UNLIMITED SERVINGS OF FRUITS AND VEGETABLES, SKIM, LOW FAT or .5% FLAVORED MILK  
 ALL of our offerings contain ZERO GRAMS OF TRANS FATS per serving.

Menu subject to change.



When sending in money by check or cash (a check is recommended), please include the student's name and ID number on the check and envelope so it is deposited into the correct account. Checks should be made payable to "Wethersfield Cafeteria Fund".



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