

## Guardian Angel

### March 2010 Elementary Lunch Menu

Student lunch \$2.35 Reduced price lunch \$.40 Just a milk: \$.40

Pay by the Week=\$11.75: Make Checks payable to "Clawson Schools Food Service"

CHOICE OF WHITE, CHOCOLATE, OR STRAWBERRY LOW FAT MILK IS OFFERED WITH EACH MEAL.

Questions or comments? Please call Heather Holland, Food Service Director at (248) 655-4261 or  
e-mail to: [hholland@clawson.k12.mi.us](mailto:hholland@clawson.k12.mi.us)

#### 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
1 Popcorn Chicken Mashed Potatoes & Gravy Corn Applesauce	2 French Toast Sticks Syrup for Dipping Turkey Sausage Links Hash Brown Stars Orange Juice Cup	3 <b>Balanced Choices Meal:</b> Bosco Sticks Pizza Dipping Sauce Green Beans Mixed Fruit	4 <u>Bagel Bag Fun Lunch</u> <u>With Surprise!</u> Mini Bagels, Cream Cheese, Yogurt Cup, Carrot Sticks, & Apple Juice Cup	5 <u>GA Special</u>  Cheese Pizza
2 <sup>nd</sup> Choice: Hot Dog on  Bun-Offered w/Vegetable and Fruit				
8 <b>Balanced Choices Meal:</b> Chicken Nuggets Dinner Roll / Butter Mixed Vegetables Peaches Chocolate Pudding Cup	9 Baked Potato Bar (Ham, Broccoli, Cheese Sauce, Sour Cream, & Butter) Tossed Salad Pear Slices	10 <u>Lucky Tray Day!</u> <b>Balanced Choices Meal:</b> Rotini w/ Italian Meat Sauce Garlic Breadstick Green Beans Fresh Orange Wedges	11 Sloppy Joe on a Bun Fun Sized Cheetos Peas Pineapple Tidbits	12 <u>GA Special</u>  Cheese Pizza
2 <sup>nd</sup> Choice: Cheeseburger on  Bun-Offered w/Vegetable & Fruit				
15  No School	16 Mini Pancakes Syrup for Dipping Turkey Sausage Links Hash Brown Stars Apple Juice Cup	17 <u>Ice Cream Day!</u> Hot Ham & Cheese On a Bagel Celery Sticks with Ranch Pears Mini Ice Cream Sandwich	18 Beef & Cheese Nachos (Beef, Cheese, Lettuce & on Corn Chips) Carrot Sticks Pineapple Tidbits	19 <u>GA Special</u>  Cheese Pizza
2 <sup>nd</sup> Choice: Chicken Patty on  Bun-Offered w/Vegetable & Fruit				
22 <b>Balanced Choices Meal:</b> Chicken Tenders White Rice Fresh Carrots Banana	23 Walking Taco (Fritos, Beef, Cheese) Corn Niblets Mandarin Oranges	24 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Peaches	25 <u>Cereal Fun Lunch!</u> Choice of Cereal, Yogurt Cup, String Cheese, Carrot Sticks, & Apple Juice	26 <u>GA Special</u>  Cheese Pizza
2 <sup>nd</sup> Choice: Hot Dog on  Bun-Offered w/Vegetable and Fruit				
29 Chicken Fryz Dinner Roll / Butter Tater Tots Diced Apricots	30 French Toast Sticks Syrup for Dipping Turkey Sausage Links Hash Brown Stars Grape Juice Cup	31  ½ Day of School		
2 <sup>nd</sup> Choice: Cheeseburger on  Bun-Offered w/Vegetable and Fruit				

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!

**ALL MENU ITEMS contain zero grams of artificial trans fat per serving.**

**Menu subject to change without notice.**

The 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.