



CHALMERS ELEMENTARY

JANUARY 2011




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Today's Feature: SALISBURY STEAK CHICKEN NUGGETS HAM & PROVOLONE SUB EGG CHEF SALAD <i>fruit and veggie selections</i> MASHED POTATOES BROCCOLI PEACHES GRAPES	4 Today's Feature: BAKED CHICKEN BURRITO TURKEY & CHEESE PITA HUMMUS PLATE <i>fruit and veggie selections</i> CUCUMBER CARROTS PEARS ORANGES	5 Today's Feature: SPICY LASAGNA HOTDOG BUFFALO WRAP BAJA SALAD <i>fruit and veggie selections</i> BELL PEPPERS CHERRY TOMATOES MIXED FRUIT HONEYDEW	6 Today's Feature: MEATBALL PASTA CHEESEBURGER CHICKEN RANCH PITA BEEF NACHO SALAD <i>fruit and veggie selections</i> CUCUMBER SQUASH MANDARIN ORANGES BANANA	7 Today's Feature: CHICKEN RICE SOUP CHICKEN SANDWICH SUNBUTTER SANDWICH TUNA SALAD PLATTER <i>fruit and veggie selections</i> CARROTS CELERY PINEAPPLE APPLES
10 Today's Feature: SLOPPY JOE CHICKEN NUGGETS HAM AND CHEESE SUB HAM PIZZA SALAD <i>fruit and veggie selections</i> CHERRY TOMATOES MAC & CHEESE PEACHES GRAPES	11 Today's Feature: GENERAL TSAO CHICKEN CHEESEBURGER TURKEY & CHEESE SUB HUMMUS PLATE <i>fruit and veggie selections</i> TATOR TOTS SPINACH PEARS ORANGES	12 Today's Feature: BEEF TACOS CORN DOG TUNA SALAD POCKET BAJA SALAD <i>fruit and veggie selections</i> KICKIN PINTOS CUCUMBER PEACH CRISP HONEYDEW	13 Today's Feature: ROTINI PASTA STEAKFINGERS CHICKEN BUFFALO WRAP BEEF NACHO SALAD <i>fruit and veggie selections</i> CARROTS SQUASH MANDARIN ORANGES BANANA	14 Today's Feature: FISH SANDWICH PEPPERONI PIZZA SUNBUTTER SANDWICH TUNA SALAD PLATTER <i>fruit and veggie selections</i> CORN TOSSED SALAD PINEAPPLE APPLES
17 Today's Feature: NO SCHOOL	18 Today's Feature: CHILI W/CORNBREAD CHEESEBURGER ALL-AMERICAN WRAP TAI CHICKEN SALAD <i>fruit and veggie selections</i> FRENCH FRIES CARROTS PEARS ORANGES	19 Today's Feature: CHICKEN NACHOS HOTDOG TUNA SALAD SANDWICH BAJA SALAD <i>fruit and veggie selections</i> REFRIED BEANS CUCUMBER MIXED FRUIT HONEYDEW	20 Today's Feature: MANICOTTI PIZZA STIX CHICKEN BUFFALO WRAP FRUIT & CHEDDAR PLATTER <i>fruit and veggie selections</i> GREEN BEANS SQUASH MANDARIN ORANGES BANANA	21 Today's Feature: LOADED BAKED POTATO CHEESE PIZZA SUNBUTTER SANDWICH CHICKEN CESAR SALAD <i>fruit and veggie selections</i> BAKED BEANS PASTA SALAD PINEAPPLE APPLES
24 Today's Feature: MEATLOAF CHICKEN NUGGETS HAM & CHEESE SUB EGG CHEF SALAD <i>fruit and veggie selections</i> PARSLEY NOODLES CELERY STIX PEACHES GRAPES	25 Today's Feature: SWEET & SOUR CHICKEN CHEESEBURGER TURKEY & CHEESE SUB HUMMUS PLATE <i>fruit and veggie selections</i> POTATO WEDGES ZUCCHINI PEARS ORANGES	26 Today's Feature: BEAN & CHEESE BURRITO CORN DOG TUNA SALAD POCKET BAJA SALAD <i>fruit and veggie selections</i> BLACK BEANS BELL PEPPERS MIXED FRUIT HONEYDEW	27 Today's Feature: BAKED LASAGNA CHICKEN SANDWICH CHICKEN BUFFALO WRAP BEEF NACHO SALAD <i>fruit and veggie selections</i> BREADSTICK BROCCOLI MANDARIN ORANGES BANANA	28 Today's Feature: FISH SANDWICH PEPPERONI PIZZA SUNBUTTER SANDWICH TUNA SALAD PLATTER <i>fruit and veggie selections</i> SPINACH MASHED SWEET POTATO PINEAPPLE APPLES

T Treat Yourself Right™
Lower Fat, Lower Sodium

V Ovo-Lacto Vegetarian, may contain egg & milk

WG Made with healthy Whole Grains

Locally Grown Local ingredients are always used when in season

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