

Chartwells School Dining Services Longmeadow Elementary Lunch Menu December

Monday	Tuesday	Wednesday	Thursday	Friday
	1 🌿 Chicken Patty Sandwich Lettuce & Tomato Tater Tots Steamed Carrots Fresh Fruit	2 Beef & Cheese Taco Lettuce & Tomato Shredded Cheese Rice Sweet Corn Chilled Fruit	3 🌿 Balanced Choices Meal 🌿 Spaghetti w/ homemade meat sauce Wheat Dinner Roll Steamed Vegetable Blend Crisp Green Garden Salad Fresh Fruit	4 Cheese or Pepperoni Pizza* Tossed Salad Oven Fries Chilled Mixed Fruit Choice of Milk
7 🌿 French Toast Sticks Maple Syrup Sausage Home Fries Applesauce	8 🌿 Balanced Choices Meal: Macaroni & Cheese Made w/ Barilla Plus Pasta Seasoned Green Beans Fresh Orange Smiles	9 🌿 Grilled Cheese Sandwich Chicken Noodle Soup Goldfish Crackers Carrot Sticks Warm Cinnamon Apples Rice Crispy Treat	10 All Beef Hot Dog w/ bun Baked Beans Baked Chips Baby Carrots w/ Dip	11 Cheese or Pepperoni Pizza* Tossed Salad Oven Fries Chilled Fruit Choice of Milk
14 🌿 Balanced Choices Meal Chicken Patty Sandwich Lettuce & Tomato Baked Potato Wedges Chilled Mixed Fruit Celery Sticks w/ Ranch Dressing	15 🌿 Pasta w/ Meat Sauce Italian seasoned lean ground beef, tomatoes, and enriched pasta With crispy garlic toast Fresh Steamed Broccoli Chilled Mandarin Oranges	🌿 Balanced Choices Meal White Meat Chicken Nuggets Dipping Sauce Mashed Potato & Gravy Seasoned Green Beans Fresh Fruit	17 🌿 Cheeseburger Sliders on mini rolls Seasoned Sweet Peas Oven Fries Fresh Cut Melon Cubes	18 Cheese or Pepperoni Pizza* Tossed Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
21 🌿 Crispy Chicken Wrap Lettuce & Tomato Green Beans Chilled Apricots	22 🌿 Balanced Choices Meal: Barilla PLUS Spaghetti w/ Saucy Italian Meatballs Fresh Italian Bread Tossed Salad Chilled Mandarin Oranges	23 Corn Dog Day Cream of Tomato Soup Goldfish Crackers Raw Veggies w/ Dip Rice Crispy Treat	24 HOLIDAY BREAK	25 HAPPY HOLIDAYS
28	29	30	31	

Alternate Lunches

Daily: Bagel w/ Cream Cheese and Yogurt* Offered w/ Fresh Baby Carrots, Fruit, and Milk

Mondays:

Ham, Cheese, Bage Meal
Fun Lunch Baby Carrots,
Fruit, and Milk

Tuesdays:

Pizza Bage Fun Lunch
(Bage), Pizza Sauce &
Shredded Cheese), Fruit,
and Milk

Wednesdays:

Balanced Choices Meal:
Junior Turkey & Cheese Sub
w/ Animal Crackers, Fresh
Cut Oranges, Milk

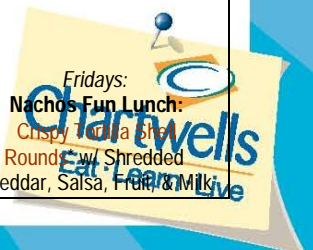
Thursdays:

White Meat Chicken
Nuggets w/ roll
Sweet Raisins

Fridays:

Nachos Fun Lunch:
Crispy Tortilla Shell
Round w/ Shredded
Cheddar, Salsa, Fruit, & Milk

🌿*This menu item is made with whole grain.



Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry

Menu Questions or Comments? Please contact Heidi Gregoire FSD, 565-4230

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.



Go to MyPyramid.gov for online personal wellness resources for you and your family

December is...

- National Pie Day – 1st
- National Maple Syrup Day – 17th
- Kiwi Fruit Day – 21st
- National Pumpkin Pie Day – 25th
- National Candy Cane Day – 26th

Brain Buzz?



Q: How long does it take food to pass through my body?

A: About a day. Eat a burger today and it's gone tomorrow. Digestion – the breaking up of food into chemicals the body can use – begins with the saliva in the mouth, continues in the stomach, the small intestines, and the large intestines. Your intestines, one long tube all coiled up, can be up to 30 feet long! They absorb nutrients and water from food, as it moves on down the line.

**Source: www.kidshealth.org*



www.eatlearnlive.com

