

Chartwells School Dining Services
Longmeadow Elementary Lunch Menu
January

Monday	Tuesday	Wednesday	Thursday	Friday
4 🌾 French Toast Sticks Maple Syrup Sausage Home Fries Applesauce	5 🌾 Chicken Patty Sandwich Lettuce & Tomato Tater Tots Steamed Carrots Fresh Fruit	6 Grilled Cheese Sandwich Cream of Tomato Soup Goldfish Crackers Carrot Sticks Warm Cinnamon Apples Rice Crispy Treat	7 🌱 Balanced Choices Meal 🌾 Spaghetti w/ homemade meat sauce Wheat Dinner Roll Steamed Vegetable Blend Crisp Green Garden Salad Fresh Fruit	8 Cheese or Pepperoni Pizza* Tossed Salad Oven Fries Chilled Mixed Fruit Choice of Milk
11 Beef & Cheese Taco Lettuce & Tomato Shredded Cheese Rice Sweet Corn Chilled Fruit	12 🌱 Balanced Choices Meal: Macaroni & Cheese Made w/ Barilla Plus Pasta Seasoned Green Beans Fresh Orange Smiles	13 🌾 Corn Dog Day Cream of Tomato Soup Goldfish Crackers Raw Veggies w/ Dip Rice Crispy Treat	14 All Beef Hot Dog w/ bun Baked Beans Baked Chips Baby Carrots w/ Dip	15 Cheese or Pepperoni Pizza* Tossed Salad Oven Fries Chilled Fruit Choice of Milk
18 🌾 NO SCHOOL MARTIN LUTHER KING DAY	19 🌾 Pasta w/ Meat Sauce Italian seasoned lean ground beef, tomatoes, and enriched pasta With crispy garlic toast Fresh Steamed Broccoli Chilled Mandarin Oranges	20 🌱 Balanced Choices Meal White Meat Chicken Nuggets Dipping Sauce Mashed Potato & Gravy Seasoned Green Beans Fresh Fruit	21 🌾 Cheeseburger Sliders on mini rolls Seasoned Sweet Peas Oven Fries Fresh Cut Melon Cubes	22 Cheese or Pepperoni Pizza* Tossed Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
25 🌾 Crispy Chicken Wrap Lettuce & Tomato Green Beans Chilled Apricots	26 🌱 Balanced Choices Meal: Barilla PLUS Spaghetti w/ Saucy Italian Meatballs Fresh Italian Bread Tossed Salad Chilled Mandarin Oranges	27 Grilled Cheese Sandwich Chicken Noodle Soup Goldfish Crackers Carrot Sticks Warm Cinnamon Apples Rice Crispy Treat	28 Waffle Sticks 🌾 Bacon Baked Home fries Strawberry Topping Maple Syrup Fresh Fruit	29 🌱 Balanced Choices Meal Chicken Patty Sandwich Lettuce & Tomato Baked Potato Wedges Chilled Mixed Fruit Celery Sticks w/ Ranch Dressing
		Alternate Lunches Daily: Bagel w/ Cream Cheese and Yogurt* Offered w/ Fresh Baby Carrots, Fruit, and Milk		
<i>Mondays:</i> Ham, Cheese, Bagel Melt Fun Lunch Baby Carrots, Fruit, and Milk	<i>Tuesdays:</i> Pizza Bagel Fun Lunch (Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk	<i>Wednesdays:</i> 🌱 Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Animal Crackers, Fresh Cut Oranges, Milk	<i>Thursdays:</i> White Meat Chicken Nuggets w/ roll Sweet Raisins	<i>Fridays:</i> Nachos Fun Lunch: Crispy Tortilla Shell Rounds* 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