

## Chartwells School Dining Services Longmeadow Elementary Lunch Menu May


Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast Sticks Sausage Applesauce Choice of Milk	4 All Beef Hot Dog w/ bun Baked Fries Carrot Sticks w/ Dip Choice of Milk	Baked Chicken Tenders Rice Steamed Vegetable Chilled Fruit Choice of Milk	6 Grilled Cheese Sandwich Pasta Salad Carrot Sticks Chilled Fruit Choice of Milk	7 Cheese or Pepperoni Pizza* Tossed Salad Chilled Fruit Choice of Milk
10 Chicken Patty Sandwich Lettuce & Tomato Tater Tots Steamed Carrots Fresh Fruit and Veggies Choice of Milk	11  <b>Balanced Choices Meal:</b> <b>Macaroni &amp; Cheese</b> Made w/ Barilla Plus Pasta Steamed Broccoli Fresh Orange Smiles Choice of Milk	12 <b>Cheeseburger</b> Lettuce and Tomato Oven Fries Fresh fruit	13 <b>White Meat Chicken Nuggets</b> <b>Dipping Sauce</b> Mashed Potato & Gravy Seasoned Peas Fresh Fruit Choice of Milk	14 Cheese or Pepperoni Pizza* Tossed Salad w/ Dressing Chilled Fruit Choice of Milk
17  <b>Grilled Cheese Sandwich</b> Pasta Salad Carrot Sticks Chilled Fruit Choice of Milk	18  <b>Pasta with Meat Sauce</b> Italian seasoned lean ground beef, tomatoes, and enriched pasta With Crispy Garlic Toast Steamed Broccoli Chilled Fruit Choice of Milk	19  <b>Waffle Sticks</b> <b>Sausage</b> Baked Home Fries Strawberry Topping Fresh Fruit Choice of Milk	20 <b>Crispy Chicken Wrap</b> Lettuce & Tomato Green Beans Chilled Fruit Choice of Milk	21 <b>Cheese or Pepperoni Pizza*</b> Tossed Salad w/ Dressing Chilled Fruit Choice of Milk
24  <b>Popcorn Chicken</b> <b>Dipping Sauces</b> Fresh Roll Steamed Vegetable Cucumber Sticks w/ Ranch Dressing Choice of Milk	25 <b>Breakfast for Lunch</b> <b>Scrambled Eggs</b> <b>Pancake</b> <b>Sausage</b> Chilled Fruit Choice of Milk	26 <b>Beef &amp; Cheese Taco</b> Lettuce & Tomato Shredded Cheese Spanish Rice Sweet Corn Chilled Fruit Choice of Milk	27 <b>Turkey &amp; Gravy</b> <i>Cranberry Sauce</i> <i>Mashed Potato</i> <i>Seasoned Peas</i> <i>Dinner Roll</i> <i>Chilled Fruit</i>	28 <b>Cheese or Pepperoni Pizza*</b> Tossed Salad w/ Dressing Chilled Fruit Choice of Milk
31  <b>MEMORIAL DAY</b>  <b>NO SCHOOL</b>				

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



**Mondays:**  
Ham, Cheese, Bagel, Milk  
Fun Lunch, Carrots, Fruit,  
and Milk

**Tuesdays:**  
White Meat Chicken  
Nuggets w/ roll  
Veg of the Day  
Sweet Raisins

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

**Thursdays:**  
Pizza Bagel Fun Lunch  
(Bagel, Pizza Sauce &  
Shredded Cheese), Fruit,  
and Milk

**Fridays:**  
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**

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.

Alternate Lunches

