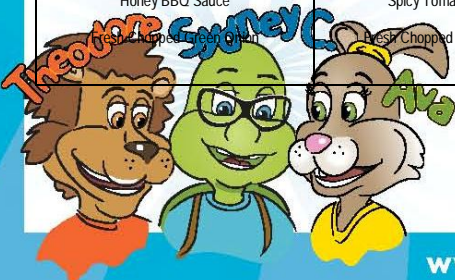


## Chartwells School Dining Services Longmeadow St Mary's Lunch Menu October

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: center;"><b>1</b></p> <p>FAVORITE APPETIZER BOWL:</p> <p>BAKED CHICKEN TENDERS* MOZZERELLA STICKS BAKED FRIES</p> <p>Fresh Steamed Broccoli Seasoned Corn*</p> <p>Tossed Salad w/ Light Dressing*</p> <p><b>Garlic Breadstick*</b></p> <p>Honey Mustard Sauce Marinara Sauce</p> <p>Green Parsley</p>	<p style="text-align: center;"><b>2</b></p> <p>BACKYARD BBQ BOWL:</p> <p>BBQ PORK* Cheesy Macaroni* Homemade Potato Salad</p> <p>Seasoned Corn*</p> <p>Confetti Coleslaw*</p> <p>Warm Baked Apple Slices*</p> <p>Fresh Baked Biscuit*</p> <p>Honey BBQ Sauce</p> <p>Chopped Green Onion</p>
<p style="text-align: center;"><b>5</b></p> <p>WET BURRITO BOWL:</p> <p>Beef &amp; Bean Chili*</p> <p><b>Fiesta Rice*</b></p> <p>Golden Corn*</p> <p>Shredded Lettuce &amp; Diced Tomato*</p> <p>Flour Tortilla*</p> <p>Salsa</p> <p>Shredded Cheddar</p>	<p style="text-align: center;"><b>6</b></p> <p>ITALIAN PASTA BOWL:</p> <p>Saucy Italian Meatballs*</p> <p><b>Penne Pasta* Curly Rotini*</b></p> <p>Seasoned Green Beans*</p> <p>Caesar Side Salad w/ Croutons*</p> <p><b>Toasted Garlic Bun*</b></p> <p>Red Marinara</p> <p>Roma Herb Seasoning Blend</p>	<p style="text-align: center;"><b>7</b></p> <p>AMERICAN DINER BOWL:</p> <p>Roast Turkey w/ gravy*</p> <p>Mashed Potato* Roasted Sweet Potato*</p> <p>Golden Corn* Broccoli Cuts*</p> <p><b>Dinner Roll*</b></p> <p>Turkey Gravy Cranberry Sauce</p>	<p style="text-align: center;"><b>8</b></p> <p>SIZZLING TACO SALAD BOWL</p> <p>Spicy Taco Meat*</p> <p><b>Rice &amp; Beans*</b></p> <p>Mexican Corn*</p> <p>Crisp Mixed Greens*</p> <p><b>Whole Grain Tortilla Shell Round*</b></p> <p>Warm Baked Apple Slices</p> <p>Green Parsley Flakes</p>	<p style="text-align: center;"><b>9</b></p> <p>MASHED POTATO BOWL:</p> <p><b>Breaded Popcorn Chicken*</b></p> <p>Mashed Potatoes*</p> <p>Herbed Broccoli &amp; Cauliflower*</p> <p>Confetti Coleslaw*</p> <p>Homemade Biscuit</p> <p>Chicken Gravy</p> <p>Carrot Sticks</p>
<p style="text-align: center;"><b>12</b></p> <p style="text-align: center;"><b>COLUMBUS DAY</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p style="text-align: center;"><b>13</b></p> <p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs w/ cheese Sausage Links</p> <p>Home-style Grits Home Fried Potatoes</p> <p>Fruit Crisp</p> <p><b>French Toast Sticks</b> Warm Syrup</p> <p>Shredded Cheddar</p>	<p style="text-align: center;"><b>14</b></p> <p>ASIAN LO MEIN NOODLE BOWL:</p> <p>Julienne Teryaki Chicken* Fortune Cookie</p> <p>Lo Mein Noodles* Carrots &amp; Onion*s</p> <p>Oriental Blend Veggies*</p> <p><b>Dinner Roll*</b></p> <p>Lo Mein Sauce*</p> <p>Diced Red &amp; Green Bell Pepper*</p>	<p style="text-align: center;"><b>15</b></p> <p>CRAZY CALZONE:</p> <p>Pepperoni Calzone Cheese Calzone</p> <p>Roasted Italian Vegetable</p> <p>Fresh Seasoned Broccoli</p> <p>Caesar Romaine Side Salad</p> <p>Marinara Sauce</p> <p>Fresh Diced Tomatoes</p>	<p style="text-align: center;"><b>16</b></p> <p>MOM'S MASHED POTATO BOWL:</p> <p>Cheddar Mashed Potatoes Mashed Potatoes</p> <p>Beef Stew</p> <p>Seasoned Corn Seasoned Peas</p> <p>Fresh Baked Biscuit</p> <p>Apple Sauce</p> <p>Fresh Parsley</p>
<p style="text-align: center;"><b>19</b></p> <p>BACKYARD BBQ BOWL:</p> <p>Honey BBQ Chicken</p> <p>Homemade Macaroni Salad Homemade Potato Salad</p> <p>Corn on the Cob</p> <p>Seasoned Carrots</p> <p><b>Warm Breadstick</b></p> <p>Honey BBQ Sauce</p>	<p style="text-align: center;"><b>20</b></p> <p>CAJUN RICE BOWL:</p> <p>Savory Cajun Pork</p> <p><b>Cajun Brown Rice</b> Steamed White Rice</p> <p><b>Creole Rataouille Made w/ Fresh Locally Grown Eggplant</b></p> <p>Warm Baked Apple Slices</p> <p>Fresh Baked Biscuit</p> <p>Spicy Tomato Sauce</p> <p>Fresh Chopped Green Onion</p>	<p style="text-align: center;"><b>21</b></p> <p>GREEK DINNER BOWL:</p> <p>Lemon Rosemary Marinated Grilled Chicken</p> <p><b>Rice Pilaf w/ Orzo</b> Steamed White Rice</p> <p><b>Fresh Raw Vegetable Crudite</b></p> <p>Hummus</p> <p>Whole Grain Pita Bread</p> <p>Taziki Sauce</p> <p>Fresh Chopped Green Onion</p>	<p style="text-align: center;"><b>22</b></p> <p>AMERICAN DINER BOWL:</p> <p><b>Meat Loaf*</b></p> <p>Macaroni w/ Cheese Sauce Mashed Potatoes*</p> <p><b>Stewed Tomatoes Made w/ Fresh Locally Grown Tomatoes</b></p> <p>Seasoned Mixed Veggies*</p> <p>Dinner Roll*</p> <p>Brown Gravy</p> <p>Green Parsley Flakes</p>	<p style="text-align: center;"><b>23</b></p> <p>ITALIAN PASTA BOWL:</p> <p>Chicken Parmesan</p> <p>Penne Curly Rotini Pasta</p> <p><b>Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini &amp; Green Peppers</b></p> <p>Seasoned Green Beans</p> <p><b>Toasted Whole Grain Garlic Bun</b></p> <p>Garlic Cream Sauce, Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>



26	27	28	29	30
SWEET N SOUR ASIAN RICE BOWL:	UPSIDE DOWN RANCHER'S PIE BOWL:	TEX MEX BOWL:	LATIN AMERICAN ROAST PORK BOWL:	ROASTED CHICKEN BOWL:
Breaded <b>Spicy</b> Popcorn Chicken	Savory Roast Beef w/ Vegetables*	Chicken Fajita Strips	Latin Citrus Pork	Italian Seasoned Boneless Chicken
Oriental Fried Rice Steamed White Rice	Mashed Potatoes*	Fiesta Rice* Rice & Beans	Cuban Yellow Rice Mashed Potatoes	Steamed White Rice <b>Bread Stuffing Made w/ Whole Wheat</b>
Fresh Carrots & Onions	Warm Baked Apple Slices*	Homemade Salsa	Tossed Salad w/ Light Dressing	Seasoned Corn
Steamed Broccoli Cuts	Sweet Peas*	Mexican Corn	Seasoned Green Beans	Warm Fruit Crisp
Crunchy Chow Mein Noodles	Dinner Roll*	Whole Grain Flour Tortilla	<b>Spicy Lime Whole Wheat Tortilla Chips</b>	Dinner Roll
Sweet N Sour Sauce	Brown Gravy*	Nacho Cheese Sauce*	Salsa	Cranberry Glaze
Fresh Chopped Green Onion	Shredded Cheddar		Orange Slice	Fresh Chopped Green Onion

Alternate Lunches

Available Daily: **Triple Decker Peanut Butter & Jelly Sandwich\*** Offered w/ Fresh Baby Carrots, Fruit, and Milk


*Mondays:*

Yogurt & Cracker Stackers  
Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fruit, and Milk


*Tuesdays:*

Warm Pizza Dunkers Fun Lunch (Whole Grain Bread Stick, Pizza Sauce & Shredded Cheese), Fruit, and Milk

*Wednesdays:*


 **Balanced Choices Meal:**  
Bagel/Yogurt Fun Lunch  
Cream Cheese  
Fresh Orange  
Choice of Milk

*Thursdays:*

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

*Fridays:*

Cold Nachos Fun Lunch:  
**Crispy Tortilla Shell Rounds\*** w/ Shredded Cheddar, Salsa, Fruit, and 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 call Director of Food Services- Heidi Gregoire @ 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/](http://MyPyramid.gov/) for online personal wellness resources for you and your family



[www.eatlearnlive.com](http://www.eatlearnlive.com)

