

**WELCOME
BACK!**



Cold Sandwiches & Salads Made Fresh Your Way

Available Daily



Tortilla Wraps, Rolls, and Whole Wheat Bread

Turkey, Ham, Tuna Salad, Chilled Breaded Chicken, Egg Salad, Assorted Cheeses, Iceberg & Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots

Fresh Homemade Vegetable Pasta Salad



Cold Fruit & Vegetable Bar Offered Daily

Menu item is made w/ whole grain

Menu item is made w/ fresh locally grown produce

Menu item is offered with the complete daily Balanced Choices® Meal

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk. Daily milk choices include skim white, 1% white, and 1/2% chocolate.

Helen Keller Middle School Lunch Menu - September 2010

		1	2	3
<p>September is EAT LOCAL month! </p> <p>We are highlighting all of the fresh, local foods that we source from farmers in our region. Look for the "Locally Grown" icon!</p>		 Barilla PLUS Pasta w/ Italian Meat Sauce Seasoned Green Beans Warm Whole Wheat Breadstick	 Turkey Lo Mein Stir Fry Asian Vegetables with Whole Wheat Noodles Whole Wheat Dinner Roll	 Cheese Quesadillas Yogurt Salsa Cilantro Lime Roasted Vegetable
6	7	8	9	10
<p>LABOR DAY SCHOOL CLOSED</p>	 Macho Nachos Steamed Brown Rice Southwest Pinto Beans	 Barilla PLUS Pasta w/ Meatballs in Marinara Sauce Roasted Local Vegetables Warm Whole Wheat Breadstick	<p>ROSH HASHANAH SCHOOL CLOSED</p>	 Sausage and Peppers Served on a Whole Wheat Grinder Tossed Salad with Light Dressing
13	14	15	16	17
 Chicken Enchiladas Mexican Corn Fiesta Rice	 Sloppy Joe on a Whole Wheat Bun Tossed Salad with Baby Spinach	 Baked Ziti Whole Wheat Garlic Bread Sticks Tossed Salad with Light Dressing	 Baked Potato Bar Toppings Include: Broccoli & Cheese Turkey & Gravy Sour Cream And More!	 Whole Grain French Toast Sticks Topped with House Made Fruit Topping Turkey Sausage Links Fresh Apple
20	21	22	23	24
 Toasted Cheese Sandwich on Whole Wheat Bread Tomato Soup Carrots & Celery	 Popcorn Chicken Bowl! Mashed Potatoes Gravy Sweet Corn	 Baked Mac & Cheese Seasoned Broccoli Whole Wheat Dinner Roll	 Vegetarian Chili Toppings: Lettuce, Cheese, Sour Cream, Salsa Corn Tortilla Chips Brown Rice	 Meatball Grinder with Cheese Served on a Whole Wheat Sub Tossed Salad with Light Dressing
27	28	29	30	
 Taco Pie! Layers of Corn Tortillas Baked with Refried Beans & Cheddar Cheese Salsa & Fiesta Rice	 Chicken Fingers Sweet Potato Fries Chilled Pineapple Whole Wheat Dinner Roll	 Barilla PLUS Pasta w/ Italian Meat Sauce Tossed Salad Warm Whole Wheat Breadstick	 Baked Potato Wedges With Chili and Cheese Steamed Broccoli	<p>Any questions please call: Ann Metcalf Director of Dining Services (203) 938-0862</p>



Chartwells School Dining Services



Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily

Specials:

Mondays: Buffalo Chicken Wrap
Tuesdays: Grilled Chicken Panini
Wednesdays: Toasted Cheese Sandwich
Thursdays: Chicken Caesar Wrap
Fridays: Cobb Sandwich Wrap

ALL ITEMS ARE SERVED ON WHOLE WHEAT BREAD, ROLLS, or WRAPS



Classic Cheese Pizza

Made w/ Reduced Fat Cheese Fresh Baked Daily

Specials:

Mondays: Chicken Bruschetta Pizza
Tuesdays: Sausage and Pepper Calzone
Wednesdays: Margherita Pizza
Thursdays: Ham & Cheese Stromboli
Fridays: Spinach Pizza

ALL PIZZA IS MADE USING A WHITE WHOLE WHEAT CRUST



Fresh Food Fast-
Packaged for Grab N' Go

Specials:

Chicken Caesar Salads and Garden Salads offered daily with choice of salad dressing.

Sandwiches, fruit & yogurt parfaits, hummus with pretzel chips (and more!) offered daily!

SUPERFOOD OF THE MONTH: PEACHES!



Peaches were called Persian Apples and first appeared in literature in 79 A.D.!

Eat peaches for Vitamin A and Vitamin C! They are also loaded with fiber and potassium!

Avoid choosing peaches with dark spots or ones that feel mushy to the touch.

California supplies about half of the world's peaches. However there are hundreds of varieties grown around the world.

Handle peaches with care. They will bruise easily. Once bruised, their flavor diminishes.

Eat peaches at room temperature. That is when they taste the sweetest!

Some cultures believe that peaches are a symbol of longevity, and use peach juice as a skin moisturizer to promote youthfulness!



Peach & Cucumber Salsa

I know. Peach salsa sounds a little weird, but you will be surprised at how AWESOME this salsa tastes! Plus, it is really easy to make. Try it with your favorite tortilla chips, as a topping for grilled chicken or as a side dish with broiled salmon or Cajun shrimp! You won't regret it!

Ingredients:

- 2 Tablespoons fresh lime juice
- 2 Tablespoons apricot preserves
- 1 finely diced jalapeno –or- 1 teaspoon minced chipotle pepper
- 2 cups diced peeled pitted peaches (about 4 medium-large peaches)
- 1 cup diced unpeeled cucumber (remove the seeds if you want!)
- ¾ cup diced red bell pepper
- ¼ cup finely chopped fresh cilantro



Tip: Measure and prepare all of your ingredients ahead of time. Only add the jalapeno or chipotle if you like some heat or smoky flavor!

Instructions: In a medium mixing bowl, whisk together the lime juice, apricot preserves, and jalapeno or chipotle peppers. Add the remainder of ingredients and toss gently with two forks until all the ingredients are evenly distributed throughout the salsa. Enjoy immediately, or cover and let it sit for up to 2 days in the refrigerator.

Make the Most Out of Your Meal!

Don't forget that the lunch price includes FIVE components: Meat (or meat alternate like cheese or beans), Fruit, Vegetable, Grain and Milk. Be sure to choose at least THREE different components in order to get the meal price! Not that hungry? Take a piece of fruit and keep it for a snack to munch on later!