






































Redding Elementary School Lunch March, 2010

 **Our Award-Winning Chartwells Balanced Choices® Meal Program** highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

 This month's featured menu items **made w/ locally grown produce**

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! **Look for this symbol in the cafeteria to help you identify whole grain foods.**

<p>1 </p> <p>Hot Dog on Whole Wheat Roll</p> <p>Sweet Potato Fries Peas & Carrots</p> <p>Fresh Fruit & Veggies</p>	<p>2 </p> <p>DR. SUESS' BIRTHDAY</p> <p>ONE FISH, TWO FISH, RED FISH, BLUE FISH Fish Nuggets</p> <p>Oven Baked Seasoned Fries</p> <p>Veggie Sticks w/low fat dressing</p> <p>Cookie for Dessert</p> <p></p>	<p>3 </p> <p>Barilla Pasta Plus  Meat sauce Or Marinara Sauce</p> <p>Fresh Tossed Salad</p> <p>Whole Wheat Bread Sticks</p> <p>Fresh Fruit & Veggie Selection</p>	<p>4 </p> <p>Breakfast for Lunch</p> <p>French Toast Sticks</p> <p>Sausage</p> <p>Hash Brown Patty Fruit Selection</p>	<p>5 </p> <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (B) Turkey Sandwich   (D) Salad Shaker with Crackers </p>				
<p>8 </p> <p>Cheeseburger on a Whole Wheat Bun Green Bean Salad</p> <p><u>Oven Baked Potato Tots</u></p> <p>Fresh Fruit & Veggie Selection</p>	<p>9 </p> <p>Chicken Nuggets Mashed Potatoes Gravy</p> <p>Steamed Green Beans</p> <p>Whole Wheat Roll </p> <p>Fresh Fruit & Veggie Selection</p>	<p>10 </p> <p>Elbow Macaroni w/ Beef & Tomatoes</p> <p><i>Italian seasoned lean ground beef, tomatoes, and enriched elbow macaroni offered w/ crispy garlic toast</i></p> <p>Golden Seasoned Corn</p> <p>Fresh Fruit & Veggie Selection</p>	<p>11 </p> <p>General Tso Chicken Steamed Brown Rice Egg Roll</p> <p>Chilled Pineapple Fresh Fruits & Veggie</p>	<p>12 </p> <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (D) Salad Shaker with Crackers  (E) Junior Ham & Cheese Sub w/lettuce & tomato  </p>				
<p>15</p> <p>Chicken Pattie on Whole Wheat Roll Topped w/Lettuce & Tomato</p> <p>Baked Oven Fries Chilled Peaches</p> <p>Fresh Fruit & Veggie</p>	<p>16 </p> <p>Chicken Lo Mein</p> <p>Steamed Broccoli</p> <p>Egg Roll</p> <p>Fortune Cookie</p>	<p>17 </p> <p>Barilla plus Pasta w/meat sauce or marinara sauce</p> <p>Seasoned Green Beans Whole Wheat Bread Sticks Fresh Fruit & Veggie Selection</p>	<p>18</p> <p style="color: red;">Parents are invited to join their child for lunch</p> <p></p> <p>Chicken Nuggets Brown Rice</p> <p></p> <p>Veggie Sticks w/light ranch dressing Fresh Fruit Featuring of Fabulous Deli Bar</p>	<p>19 </p> <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (G) Tuna Sandwich  (F) Bagel & Yogurt Cheese and Carrot Sticks  (D) Salad Shaker with Crackers </p>				
<p>22 </p> <p>Corn Dog Nuggets</p> <p>Peas & Carrots</p> <p>Chilled Applesauce</p> <p>Fresh Fruit & Veggie</p>	<p>23 </p> <p>Beef Nachos w/cheese sauce Lettuce & Salsa Steamed Seasoned Brown Rice </p> <p>Fresh Fruit & Veggie Selection</p>	<p>24</p> <p>No Lunch</p> <p>Minimum Day Parent/Teacher Conferences</p>	<p>25</p> <p>No Lunch</p> <p>Minimum Day Parent/Teacher Conferences</p>	<p>26</p> <p>No Lunch</p> <p>Minimum Day Parent/ Teacher Conferences</p>
<p>• Weekly Alternate: (E) Ham & Cheese Sandwich  (D) Salad Shaker with Crackers </p>				
<p>29</p> <p>Toasted Cheese on Whole Wheat Bread Chicken & Rice Soup</p> <p>Veggie Sticks w/low fat dressing </p>	<p>30</p> <p>Breakfast for Lunch</p> <p>Waffle Sticks Sausage</p> <p>Hash Brown Patty Fruit Selection</p>	<p>31 </p> <p>Barilla plus Pasta w/meat sauce or marinara sauce</p> <p>Seasoned Green Beans Whole Wheat Bread Sticks Fresh Fruit & Veggie Selection</p>	<p>Lunch Prices</p> <p>Students: \$2.50</p> <p>Reduced: .40</p> <p>Adults: 3.25</p>	<p style="color: red;">Meals are offered w/ choice of entrée, unlimited fruits & vegetables, and skim, low fat or .5% flavored milk. All our offerings contain zero grams of trans fats per serving.</p>