




Chartwells School Dining Services at Neenah Elementary Schools Menu - November

Student Lunch: \$2.45 Reduced Price: \$0.40 Milk: \$0.40 Extra Meal: \$2.70 Extra Entrée: \$2.50 Adult Lunch: \$3.80

A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and milk.

Milk choices include skim white, 1% white and skim chocolate.

A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. See back of menu for this month's featured selections. We also offer at least one hot vegetable daily on our serving line.

Monday	Tuesday	Wednesday	Thursday	Friday
Food Focus Red & Orange Vegetables				
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Please Visit this months Fruit and Vegetable Bar on Second Page for Information and Featured Selections. </div>				
3 Cheese Quesadilla With Pizza Sauce Fruit & Veggie Bar	4 WG Mini Corn Dogs Fruit & Veggie Bar	5 Stuffed Baked Potato with Ham and Cheese & WG Roll Fruit & Veggie Bar	6 WG Chicken Nuggets Fruit & Veggie Bar	7  Crabby Patty on WG Bun Fruit & Veggie Bar
10 Homemade Cheese Tortelleni With Spaghetti Sauce Fruit & Veggie Bar	Breakfast for Lunch 11 Pancakes & Sausage Patty Fruit & Veggie Bar	Soup for the Soul 12 Creamy Tomato Soup WG Toasted Cheese Sandwich Fruit & Veggie Bar	"Lucky Tray Day" 13 Homemade Cheese and Pepperoni French Bread Pizza Fruit & Veggie Bar	14 Macho Nachos! Fruit & Veggie Bar
17 Tony's Cheese Pizza On Whole Wheat Fruit & Veggie Bar	18 Soft Shell Taco with Diced Tomatoes Cilantro Rice Fruit & Veggie Bar	Breakfast For Lunch 19 Chosen By You! To Be Announced! Fruit & Veggie Bar	Thanksgiving Dinner 20 Sliced Ham Mashed Potatoes and Gravy WG Dinner Roll Treat: Homemade Brownie Fruit & Veggie Bar	Fun Sandwich 21 Turkey Bologna and Cheese Sandwich Goldfish Bread! Fruit & Veggie Bar
24 Turkey Hot Dog on a WG Bun Fruit & Veggie Bar	25 Popcorn Chicken Fruit & Veggie Bar	Early Release 26 Grab 'n' Go PB & J on WG Bread Baby Carrots 100% Juice Box Chocolate Chip Cookie	No School 27	No School 28
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk) :				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Whole Grain Breaded Chicken Nuggets	Pizza Dippers	Whole Grain Chicken Patty on a Whole Grain Bun	Whole Grain Turkey Corn Dog Nuggets	Tony's Cheese Pizza on Whole Wheat
Peanut Butter & Jelly on Whole Wheat	Peanut Butter & Jelly on Whole Wheat	Peanut Butter & Jelly on Whole Wheat	Peanut Butter & Jelly on Whole Wheat	Peanut Butter & Jelly on Whole Wheat
Deli Chef Salad & WG Bagel	Deli Chef Salad & WG Bagel	Deli Chef Salad & WG Bagel	Deli Chef Salad & WG Bagel	Deli Chef Salad & WG Bagel



Go to MyPlate.gov for online personal wellness resources for you and your family.

Questions or comments?

Please call Michele Stahmann, Dining Services Director at 920-751-6800 x 220

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.

* Crabby Patty

** Hamburger with lettuce & tomatoes optional.

This month's food focus is: Red & Orange Vegetables: Carrot, Sweet Potato, Tomato, Red Pepper, Butternut Squash, Pumpkin, Winter Squash

These vegetables get their color from beta carotene, an antioxidant that the body converts to Vitamin A. Vitamin A helps our vision, protects us from infections, and helps keep skin healthy. Mix and match your colors and eat a variety of colorful fruits and vegetables every week. Do you know why it's important to eat more colorful vegetables? The more color the vegetable, the more vitamins and minerals it contains. There are so many ways to eat colorful vegetables – zesty tomato sauce, mashed sweet potatoes, fresh carrot sticks, roasted red peppers, baked butternut squash – how many other ways can you suggest?

School Foodservice Information

Price: \$2.45 paid, \$ 0.40 reduced*, free* (*if qualified), \$0.40 milk, \$2.70 extra meal, \$2.50 extra entree, \$3.80 adult lunch

No advance registration necessary! All students are welcome every day!

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to www.EatLearnLive.com .



Now Hiring!

Enjoy summers and school year breaks with your kids! Chartwells, an independent contractor for the Neenah Joint School District, is NOW HIRING for Food Service positions. For specific questions, job applications contact Michele at 920-751-6800 x220. Please send completed applications to: 410 S. Commercial St., Neenah WI 54956



This Month's Fruit and Vegetable Bar Featured Selections:

Monday	Tuesday	Wednesday	Thursday	Friday
November 3-7				
Steamed Peas	Steamed Corn	Steamed Broccoli	Steamed Carrots	Steamed Green Beans
Red Pepper Slices	Dark Green Tossed Salad	Cucumber Coins	Citrus Kidney Bean Salad	Celery Sticks
Chilled Apple Slices	Fresh Orange	Fresh Banana	Fresh Apple	Fresh Apple
Tropical Fruit Mix	Chilled Applesauce	Chilled Pears	Chilled Peaches	Chilled Mixed Fruit
November 10-14				
Steamed Broccoli	Steamed Carrots	Steamed Peas	Steamed Green Beans	Steamed Corn
Citrus Kidney Bean Salad	Cucumber Coins	Green Tossed Salad	Black Bean Salad	Baby Carrots
Fresh Apple	Strawberries	Fresh Orange	Cherries	Fresh Apple
Chilled Pears	Chilled Apple Slices	Pineapple Tidbits	Chilled Peaches	Tropical Fruit Salad
November 17-21				
Steamed Carrots	Refried Beans	Baby Carrots	Wintermoon Blend	Steamed Corn
Black Bean Salad	Baby Carrots	Cucumber Coins	Citrus Kidney Bean Salad	Baby Carrots
Fresh Apple	Fresh Apple	Fresh Banana	Fresh Orange	Fresh Apple
Chilled Mixed Fruit	Mandarin Oranges	Chilled Applesauce	Chilled Apple Slices	Tropical Fruit Salad
November 24-28				
Steamed Corn	Baked Beans	Early Release	No School	No School
Citrus Kidney Bean Salad	Baby Carrots			
Fresh Apple	Fresh Apple			
Chilled Peaches	Chilled Pears			

Now Hiring!

Would you like to work while your kids are in school? Chartwells is hiring food service workers.

Job applications are located on the Neenah Joint School District website or in the Administration Building.