




Chartwells School Dining Services at Neenah Elementary Schools Menu - September

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
No School 1	2 Whole Grain Breaded Chicken Nuggets Fruit & Veggie Bar	3 Pepperoni French Bread Pizza Fruit & Veggie Bar	Breakfast for Lunch 4 Sausage Patty Waffle Fruit & Veggie Bar	5 Chicken Parmesan w/ Pasta & Sauce Fruit & Veggie Bar
8 Turkey Hot Dog on Whole Grain Bun Fruit & Veggie Bar	9 Popcorn Chicken Fruit & Veggie Bar	Fun Bag Lunch 10 Sunflower Seeds String Cheese Chocolate Chip Muffin Fruit & Veggie Bar	11 Soft Taco on Whole Grain Tortilla Fruit & Veggie Bar	12 Chicken & Gravy over Seasoned Whole Grain Rice Fruit & Veggie Bar
15 Cheese Quesadilla w/ Salsa on Whole Grain Tortilla Fruit & Veggie Bar	16 Macho Nachos Fruit & Veggie Bar	17 Stuffed Baked Potato w/ Ham & Cheese Fruit & Veggie Bar	18 Toasted Cheese Sandwich on Whole Wheat Chicken Noodle Soup Fruit & Veggie Bar	19 Whole Grain Spaghetti w/ Meatballs Fruit & Veggie Bar
22 Roasted Turkey w/ Mashed Potatoes & Gravy Whole Grain Dinner Roll Fruit & Veggie Bar	Breakfast for Lunch 23 Yogurt Cup Pancakes Fruit & Veggie Bar	24 Fish Sticks Macaroni & Cheese Fruit & Veggie Bar	25 Pepperoni French Bread Pizza Fruit & Veggie Bar	Grab n Go 26 Peanut Butter & Jelly on Whole Wheat Baby Carrots Juice Cup Chocolate Chip Cookie
29  Crabby Patty on Whole Grain Bun ** Fruit & Veggie Bar	30 Macho Nachos Fruit & Veggie Bar			
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 w/ WG Bread & WG Crackers	Deli Chef Salad w/ WG Bread & WG Crackers	Deli Chef Salad w/ WG Bread & WG Crackers	Deli Chef Salad w/ WG Bread & WG Crackers	Deli Chef Salad w/ WG Bread & WG Crackers



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.

Menus subject to change.

**** Hamburger with lettuce & tomatoes optional.**



Introducing our Farm to Schools program, in partnership with Apple Blossom Lane Orchard & Market.

Look for the food symbols to find the Farm to School items being served daily in this program.

The Fall food focuses are: Tree Fruits & Red & Orange Vegetables

Apples are great hand held fruits to carry with you for a snack. Eating apples keeps us healthy and gives us energy to run and play. The skin of an apple contains fiber and antioxidants that prevent us from getting sick. Apples come in many varieties – 7,500 in fact! There are over 2,500 varieties grown in the US alone. Some apple variety names include Red Delicious, Golden Delicious, Granny Smith, Gala, McIntosh, Fuji, Rome, and Pink Lady.

Apples can be eaten in a variety of forms: whole (fresh), unsweetened applesauce, dried apples, or 100% apple juice. You can add chopped apples to your morning oatmeal or bake with them for a delicious dessert.

School Foodservice Information

Price: \$2.45 paid, \$ 0.40 reduced*, free* (*if qualified)

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 peaches, broccoli, and beans

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

Encourage lean proteins including vegetarian and plant based

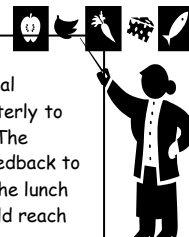
Reduce unhealthy fats, sodium, and sugar

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 .

Parents!

We are currently forming a parental advisory group that will meet quarterly to discuss the lunch program menus. The purpose of this group is to gain feedback to help develop the future vision of the lunch program. Interested parties should reach out to Michele at 751-6800 x220.



This Month's Fruit and Vegetable Bar Featured Selections:

Monday	Tuesday	Wednesday	Thursday	Friday
Sept 2-5				
No School	Steamed Carrots	Steamed Green Beans	Steamed Sweet Corn	Steamed Broccoli
	Dark Green Tossed Salad	Fresh Cucumber Coins	Citrus Kidney Bean Salad	Fresh Green Pepper Slices
	Chilled Mixed Fruit	Fresh Apple	Fresh Watermelon	Fresh Apple
	Chilled Peaches	Chilled Mixed Fruit	Chilled Pears	Rosy Applesauce
Sept 8-12				
Baked Tater Tots	Steamed Sweet Corn	Fresh Baby Carrots	Steamed Garden Peas	Steamed Carrots
Citrus Kidney Bean Salad	Fresh Garden Peas	Fresh Cherry Tomatoes	Citrus Black Bean Salad	Fresh Cucumber Coins
Fresh Apple	Fresh Cherries	Fresh Pear	Fresh Watermelon	Fresh Apple
Chilled Pears	Chilled Applesauce	Chilled Peaches	Cinnamon Apple Slices	Chilled Mixed Fruit
Sept 15-19				
Steamed Green Beans	Refried Beans	Steamed Broccoli	Steamed Garden Peas	Steamed Carrots
Citrus Black Bean Salad	Fresh Cherry Tomatoes	Fresh Green Pepper Slices	Citrus Kidney Bean Salad	Fresh Cucumber Coins
Fresh Pear	Fresh Apple	Fresh Watermelon	Fresh Apple	Fresh Pear
Chilled Peaches	Chilled Mixed Fruit	Rosy Applesauce	Chilled Pears	Chilled Apple Slices
Sept 22-26				
Steamed Sweet Corn	Baked Potato Wedges	Steamed Carrots	Steamed Green Beans	Grab n Go
Citrus Kidney Bean Salad	Fresh Green Pepper Slices	Fresh Cucumber Coins	Citrus Black Bean Salad	
Fresh Apple	Fresh Watermelon	Fresh Apple	Fresh Apple	
Chilled Mixed Fruit	Chilled Applesauce	Chilled Peaches	Chilled Pears	
Sept 29-30				
Baked Beans	Steamed Green Beans			
Fresh Baby Carrots	Fresh Cucumber Coins			
Fresh Apple	Fresh Cherries			
Chilled Peaches	Chilled Pears			

Menus subject to change.

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.