






Chartwells School Dining Services at Neenah Elementary Schools Menu - October

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 Tree Fruits	 NATIONAL APPLE MONTH	Fun Bag Lunch 1 Hard Boiled Egg String Cheese Blueberry Muffin Fruit & Veggie Bar	Breakfast for Lunch 2 Sausage Patty WG Pancakes Fruit & Veggie Bar	Popcorn Chicken Fruit & Veggie Bar
6 National Noodle Day Homemade Macaroni & Cheese Fruit & Veggie Bar	7 National Taco Day WG Soft Shell Taco Fruit & Veggie Bar	8 Breaded Chicken Parmesan w/pasta & sauce Fruit & Veggie Bar	9 Homemade Pepperoni & Cheese French Bread Pizza Fruit & Veggie Bar	10 WG Chicken Nuggets & WG Waffle Fruit & Veggie Bar
13 National School Lunch Week WG Cheese Pizzsa Fruit & Veggie Bar	14 Homestyle Meatloaf Mashed Potatoes with Gravy Fruit & Veggie Bar	Fun Bag Lunch 15 Yogurt Cup String Cheese Chocolate Chip Muffin Fruit & Veggie Bar	16 Roasted Turkey with Gravy WG Dinner Roll Mashed Potatoes **Homemade Apple Cake**  Fruit & Veggie Bar	17 Macho Nachos! Fruit & Veggie Bar
Breakfast for Lunch 20 Sausage Patty WG French Toast Sticks Fruit & Veggie Bar	21 Turkey Hot Dog On a WG Bun Fruit & Veggie Bar	22 Turkey and Cheese Fun Wrap Fruit & Veggie Bar	 23 Crabby Patty on Whole Grain Bun ** Fruit & Veggie Bar	Grab 'n' Go 24 PB & J on WG Bread Baby Carrots Juice Box Chocolate Chip Cookie Fruit & Veggie Bar
27 Soup for Soul Week Chicken Noodle Soup Toasted Cheese Sandwich on WG Bread Fruit & Veggie Bar	28 Macho Nachos Fruit & Veggie Bar	29 Halloween Lunch Spooky Meatballs, Sauce & Spaghetti Worms Scary Chocolate Chip Cookie Fruit & Veggie Bar	Grab 'n' Go 30 PB & J on WG Bread Baby Carrots Carrots Juice Box Chocolate Chip Cookies Fruit & Veggie Bar	No School 31
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.

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

This month's food focus is: Tree Fruits

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), \$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
October 1-3				
		Steamed Green Beans	Steamed Sweet Corn	Steamed Broccoli
		Fresh Cucumber Coins	Citrus Kidney Bean Salad	Fresh Green Pepper Slices
		Fresh Apple	Fresh Watermelon	Fresh Apple
		Chilled Mixed Fruit	Chilled Pears	Rosy Applesauce
October 6-10				
Steamed Peas	Steamed Sweet Corn	Fresh Baby Carrots	Steamed Garden Carrots	Tater Tots
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
October 13-17				
Steamed Green Beans	Broccoli	Baby Carrots	Steamed Garden Peas	Refried Beans
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
October 20-24				
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	
October 27-31				
Baked Beans	Steamed Green Beans	Dark Green Tossed Salad	Grab 'n' Go	No School
Fresh Baby Carrots	Fresh Cucumber Coins	Broccoli Florets		
Fresh Apple	Fresh Cherries	Fresh Orange		
Chilled Peaches	Chilled Pears	Chilled Peaches		

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.