

Kingston Hill Academy January 2012 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year!! Welcome Back!	³ Brunch Lunch! Chilled Orange Juice (3) French Toast Sticks w/ Syrup (2) <i>Jimmy Dean</i> Sausage Links Fresh Apple <i>Low-Fat Milk</i>	⁴ Pasta Marinara w/ Cheese & (1) <i>Bosco</i> Cheese Stick Romaine Blend Salad w/ Light Dressing Fresh Pear <i>Low-Fat Milk</i>	⁵ Turkey Hot Dog on a Bun Oven Fries Fresh Orange <i>Low-Fat Milk</i>	⁶ GALAXY Cheese Pizza Fresh Broccoli Florets w/ Light Dressing Fresh Fruit <i>Low-Fat Milk</i>
Weekly Alternates: (2) Garden Salad with Grilled Chicken & Whole Wheat Roll (3) Junior Deli Turkey Sub w/ Shredded Lettuce Weekly Legume (Dried Beans, Peas, Lentils): Southwest Corn & Black Bean Salad				
⁹ Meatball Sub Fresh Baby Carrots Fresh Apple <i>Low-Fat Milk</i>	¹⁰ Chicken Nuggets w/ Sauce Oven-roasted Local Potatoes Fresh Pear <i>Low-Fat Milk</i>	¹¹ Waffle Wednesday! Chilled 100% Juice (2) Jumbo Waffles w/ Syrup (4) <i>Jimmy Dean</i> Sausage Links Fresh Apple <i>Low-Fat Milk</i>	¹² Baked Macaroni & Cheese Romaine Salad w/ Light Italian Dressing Whole Wheat Roll Fresh Banana <i>Low-Fat Milk</i>	¹³ <i>Tony's</i> Whole Grain Cheese Pizza Pasta Veggie Salad Fresh Fruit <i>Low-Fat Milk</i>
Weekly Alternates: Garden Salad with Grilled Chicken & Whole Wheat Roll (3) Junior Deli Turkey Sub w/ Shredded Lettuce Weekly Legume (Dried Beans, Peas, Lentils): Chick Pea (Garbanzo Bean) Salad				
¹⁶ NO SCHOOL Martin Luther King Day	¹⁷ Sweet & Sour Popcorn Chicken Brown Rice Fresh Baby Carrots Fresh Pear	¹⁸ Brunch Lunch! Chilled Orange Juice (3) French Toast Sticks w/ Syrup (2) <i>Jimmy Dean</i> Sausage Links Fresh Apple <i>Low-Fat Milk</i>	¹⁹ Chicken Patty On a Whole Grain Bun Green Salad w/ Light Dressing Fresh Banana <i>Low-Fat Milk</i>	²⁰ GALAXY Cheese Pizza Fresh Cucumber w/ Light Ranch Dressing Fresh Fruit <i>Low-Fat Milk</i>
Weekly Alternates: (2) Garden Salad with Grilled Chicken & Whole Wheat Roll (3) Junior Deli Turkey Sub w/ Shredded Lettuce Weekly Legume (Dried Beans, Peas, Lentils): Baby Carrots w/ <i>school-made</i> Hummus				
²³ <i>Campbell's</i> Tomato Soup Toasted Cheese Sandwich on Wheat 4 oz Lowfat Yogurt Cup Fresh Apple <i>Low-Fat Milk</i>	²⁴ Oven-Baked Chicken Nuggets w/ Honey Mustard Sauce Mashed Sweet Potato Fresh Orange <i>Low-Fat Milk</i>	²⁵ Waffle Wednesday! Chilled 100% Juice (2) Jumbo Waffles w/ Syrup (4) <i>Jimmy Dean</i> Sausage Links Fresh Pear <i>Low-Fat Milk</i>	²⁶ Cheeseburger on a Bun Leaf Lettuce & Sliced Tomato Roasted Carrot <i>Fries</i> Fresh Banana <i>Low-Fat Milk</i>	²⁷ <i>Tony's</i> Whole Grain Cheese Pizza Pasta Veggie Salad Fresh Fruit <i>Low-Fat Milk</i>
Weekly Alternates: Garden Salad with Grilled Chicken & Whole Wheat Roll (3) Junior Deli Turkey Sub w/ Shredded Lettuce Weekly Legume (Dried Beans, Peas, Lentils): Pinto or Kidney Bean Salad				
³⁰ Turkey Hot Dog on a Bun Oven Fries Fresh Apple <i>Low-Fat Milk</i>	³¹ Pasta & Meatballs Garlic Breadstick Fresh Baby Carrots w/ Ranch Dip Fresh Orange <i>Low-Fat Milk</i>	Breakfast Available Daily Assorted Low Sugar Cold Cereal, Milk, Yogurt, Juice, Fruit & Graham Crackers \$1.40 or \$0.30 Reduced	<i>Want a fast, easy way to check your child's lunch account?</i> www.mynutrikids.com Make payments, see remaining balance, check purchases-it's easy!	Did you know? Most of our bread, starch/grain products are whole grain... (first ingredient is 100% whole grain)
Weekly Alternates: Garden Salad with Grilled Chicken & Whole Wheat Roll (3) Junior Deli Turkey Sub w/ Shredded Lettuce Weekly Legume (Dried Beans, Peas, Lentils): Chick Pea (Garbanzo Bean) Salad				

ALL MEALS ARE OFFERED w/ 1% LOW FAT or LOWFAT FLAVORED MILK, BABY CARROTS and FRESH FRUIT

Meal Prices: Paid Lunch: \$2.75; Reduced Priced Lunch: \$0.40

8 oz Milk: \$0.65 * Menu Subject to Change

If you have any questions, please contact Karen Orabona, M.Ed., RD, Food Service Director at 360-1054.

Parents: Please be aware that many menu items contain food additives. If your child has a food allergy and you are concerned about what they eat, please call Chartwells at 360-1055 or 360-1054. The National 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.

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

Our new 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;

*Include a la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters; and

*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.