



Newburyport Elementary Lunch Menu K-3
February 2012
 Lunch Price \$2.50



www.eatlearnlive.com/chartbusters

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutritious 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!
"Simply Good" Delicious Complete Meals are Offered Every Day!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Look for our February Food Focus, Low-Fat Yogurt.</i> Low – fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and healthy teeth.</p>		<p>1 Baked Macaroni & Cheese Asian Spinach Salad Dinner Roll Petite Banana <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>2 Early Release No Lunch</p>	<p>3 Homemade Fresh Baked Pizza Caesar Salad Mandarin Oranges <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>
<p>Weekly Alternate: (1) Turkey & Cheese Pinwheels on a Tortilla; (2) Cereal and Yogurt Fun Lunch; (3) Sunbutter & Jelly on Whole Wheat Weekly Alternate Fruits and Vegetables: Vegetable Pasta Salad, Fresh Orange Wedge</p>				
<p>6 "Breakfast For Lunch" Pancakes Warm Blueberry Topping Turkey Sausage Baked Potato Puffs Cinnamon Apple Sauce <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>7 Turkey Hot Dog On a Bun Vegetarian Baked Beans Mini Raisin Pack <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>8 Confetti Spaghetti With Meat Sauce Warm Bread Stick Green Beans Diced Pears <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>9 Teriyaki Chicken Dippers Orange Rice Pilaf Corn Nibbles Dinner Roll Pineapple Tidbit <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>10 Whole Grain Pizza Dunks Marinara Dipping Sauce Broccoli Trees w/ Ranch Dressing Orange Wedges <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>
<p>Weekly Alternate: 1) Ham & Cheese Sandwich on Whole Wheat; (2) Cold Pizza Bagel Fun Lunch; (3) Sunbutter & Apple Roll-Ups Weekly Alternate Fruits and Vegetables: Veggie Sticks, Cranberry Pear Salad</p>				
<p>13 Chicken Patty Sandwich <i>On a Whole Grain Bun</i> Roasted Carrot Fries Chilled Peaches President's Day – Smart Cookie! <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>14 Happy Valentine's Day! Chicken Nuggets with Duck Sauce Brown Rice Carrot Sticks & Red Pepper Strips Cupids Jell-O Cup with Fruit <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>15 Whole Grain Pasta w/ Meat Balls Garden Salad Petite Banana <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>16 Nachos <i>With beef, beans, and cheese sauce</i> Corn, Fiesta Rice Salsa, Apple Sauce <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>17 Homemade Fresh Baked Pizza Tossed Salad w/ Low Fat Italian Dressing Orange Wedges <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>
<p>Weekly Alternate: (1) Chicken Caesar Salad Wrap (2) Bagel, Yogurt Fun Lunch; (3) Sunbutter and Banana Whole Wheat Weekly Alternate Fruits and Vegetables: Citrus Bean Salad, Peaches</p>				
<p>Winter Break, Have Fun!</p>				
<p>27 "Lucky Tray Day" Toasted Cheese Sandwich w/ Tomato Soup Cup Orange Wedges <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>28 Oven Baked Crispy Chicken Nuggets <i>With honey mustard</i> Fried Rice Dinner Roll Pears <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>29 Baked Rigatoni Topped with Cheese Green beans Dinner Roll Petite Banana <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>	<p>1 Early Release No Lunch</p>	<p>2 Homemade Fresh Baked Pizza Veggie Pasta Salad Fresh Apple <i>Additional Fruit and Veggie Selection</i> <i>Low-Fat Milk</i></p>
<p>Weekly Alternate: 1) Tuna Salad on Whole Wheat; (2) Deli Turkey Chef Salad with Crackers, Fun Lunch (3) Sunbutter & Jelly on Whole Wheat Weekly Alternate Fruits and Vegetables: Broccoli Trees with Ranch Dressing, Orange</p>				

All meals are offered w/choice of entrée, two fruit & vegetable sides and choice of skim, low-fat, white & flavored milk
 Other selections available if not purchasing lunch;
 Milk, Fruit or Side Order of Vegetables/Salad \$.60
 Bottled Water \$.75
 Blue Bunny Novelty Ice Creams are available on Tuesdays & Thursdays for \$.75.
 Questions? Please call the Director of Dining Service 978-465-4460

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.