SIMPLY GOOD

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Chartwells

Dighton Middle School Lunch Menu May 2012

Meals are offered w/choice of entrée, two fruit & vegetable sides and choice of skim, low-fat, white & flavored milk

We will assess current student favorites, staff capabilities and inventory to customize for the start of the school year.*

Favorite Comfort Foods & International Flavors Served Your Way in a Bowl

30 Chicken Nachos w/Whole Grain Tortilla Chips With chili, cheese, salsa, sour cream Corn on the Cob	**1** BBQ Chicken Brown Rice Seasoned Green Beans Whole Wheat Dinner Roll	**2** Chili Mac n'Cheese Mac n' Cheese kicked up a notch Roma Seasoned Broccoli	**3** Popcorn Chicken Cheddar Mashed Potatoes Corn Whole Grain Dinner Roll	**4** Stuffed Cheeseburger Volcano Gravy Mashed Potatoes Cinnamon Apples
7 Buffalo Chicken Mac n'Cheese Seasoned Carrots	**8** Beef and Bean Chili Brown Rice Cheddar Corn Bread Green Beans	**9** Design Your Own Deli Sandwich Pasta Salad	**10** Chicken & Cheese Quesadilla Fiesta Rice	**11** Tacos w/ lettuce and cheese Southwest 3 bean salad
14 Chicken Fajita Brown Rice and Beans Mexican Corn	**15** Shepherd's Pie Cinnamon Apples Whole Wheat Dinner Roll	**16** Pasta Bar Pasta with Meat sauce or White Roasted Garlic Sauce Whole Grain Garlic Bread Roasted Italian	**17** Southwest Chicken Bowl Brown Rice Refried Beans Corn Garlic Biscuit	**18** Beef Chow Mein Fried Rice Egg Roll
21 Meatballs and Spaghetti Whole Wheat Garlic Breadstick Seasoned Carrots	**22** Chicken Nuggets Mashed Potatoes Broccoli Dinner Roll	**23** Japanese Teriyaki Chicken Fried Brown Rice Orange Wedges	**24** Beef, Bean Cheese Burrito Brown Rice and Beans Seasoned Green Beans	**25** Cheese Burger Mac Mixed Vegetable Bread Stick
28 Memorial Day	**29** Brunch for Lunch Whole Grain Pancakes Sausage Potato Puffs Warm Baked Apple Slices	**30** Spuds Potato Bar Baked Potato or Sweet Potato w/Chili Homemade Cheese Sauce	**31** Italian Sampler Pizza Dippers Mozzarella Stick **Marinara** Tossed Salad	**1** Classic Meatloaf Garlic Mashed Potatoes Seasoned Corn Whole Wheat Dinner Roll

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.

Crust & Stuff

Classic Cheese & Pepperoni Pizza Fresh Baked Daily
Made on Whole Grain Crust w/ Reduced Fat Cheese
Served w/Tossed Salad or Hot Side Dishes

Please look for our daily specials!

Outtakes

Assorted Salads and Sandwiches packaged to Grab and Go
(Salads served with a Whole Wheat dinner roll)

Please look for our daily specials!

Paid Lunch $2.55
Reduced Lunch: $0.40

Any Questions please call: Director of Dining Services
Herb Read @508-252-5025 ext. 616