# Chatfield Lunch Menu, Chartwells School Dining Services April 2024 Price: \$Free 



This institution is an equal opportunity employer.

## Chatfield: Free Breakfast to All Students

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and a variety of milk choices.

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Choose 2 <br> Scooby-Doo Graham Stix <br> Cereal Variety <br> Cereal Bar Variety <br> Nutra Grain Bar Variety <br> Cheese Stick <br> Trix Yogurt <br> Must take a <br> Juice or Fruit <br> Optional <br> Milk, Skim, 1\% or Chocolate | Choose 2 <br> Bug Bites Graham Crackers <br> Cereal Variety <br> Cereal Bar Variety <br> Nutra Grain Bar Variety <br> Cheese Stick <br> Trix Yogurt <br> Must take a <br> Juice or Fruit <br> Optional <br> Milk, Skim, 1\% or Chocolate | Choose 2 <br> WG Blueberry Muffin <br> Cereal Variety <br> Cereal Bar Variety <br> Nutra Grain Bar Variety <br> Cheese Stick <br> Trix Yogurt <br> Must take a <br> Juice or Fruit <br> Optional <br> Milk, Skim, 1\% or Chocolate | Choose 2 <br> Cinnamon Goldfish Grahams <br> Cereal Variety <br> Cereal Bar Variety <br> Nutra Grain Bar Variety <br> Cheese Stick <br> Trix Yogurt <br> Must take a <br> Juice or Fruit <br> Optional <br> Milk, Skim, 1\% or Chocolate | Choose 2 <br> Scooby-Doo Graham Stix <br> Cereal Variety <br> Cereal Bar Variety <br> Nutra Grain Bar Variety <br> Cheese Stick <br> Trix Yogurt <br> Must take a <br> Juice or Fruit <br> Optional <br> Milk, Skim, 1\% or Chocolate |

Student will choose 2 breakfast items $\underline{A N D}$ a juice or fruit. Milk is optional.

## 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

