



Power Your Performance
September 2019

Discovery
KITCHEN

Chartwells School Dining Services at St. Patrick's Elementary
Lunch Menu Sep. 3rd - Sep. 28th 2018
Student Lunch \$2.60 Reduced \$0.40 Adult \$3.75

Monday	Tuesday	Wednesday	Thursday	Friday
No School Labor Day	Homemade Cheese Pizza Steamed Peas & Carrots <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Red Pepper Strips Cinnamon Apple Slices Fresh Grapes	Macaroni & Cheese w/ soft pretzel Steamed Broccoli <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Baby Carrots Cole Slaw Fresh Orange Wedges	Baked Chicken Drumstick w WG Roll Mashed Potatoes & Gravy <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Cherry Tomatoes Chilled Pears LOCAL APPLE	Walking Taco Corn Chips Baked Beans <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Broccoli Bites Chilled Mixed Fruit 100% Juice
Mini Corn Dogs w WG Dinner Roll Steamed Green Beans <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Baby Carrots Chilled Pears Fresh Orange Wedges	Bosco Cheesefilled Breadsticks WG Pizza Dipping Sauce <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Red Pepper Strips Chilled Peaches Fresh Watermelon	Mini Pancakes and Scrambled Eggs Tator Tots <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Cucumber Slices Chilled Peas Fresh Grapes	Chicken Tenders WG Dinner Roll Mashed Potatoes & Gravy <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Broccoli Bites Chilled Mandarin Oranges LOCAL APPLE	Goldfish Crackers w meal Footlong Hot Dog w Chili Sweet Potato Tots <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Red Pepper Strips Chilled Mixed Fruit 100% Juice
Beef/Chicken Nachos w Cheese Sauce Refried Beans <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Grape Tomatoes Chilled Pineapple Tidbits Fresh Orange Wedges	Homemade Pepperoni Pizza Oven Fries <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Broccoli Bites Chilled Peaches Fresh Grapes	Macaroni & Cheese w/ soft pretzel Steamed Broccoli <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Cucumber Coins Cinnamon Apple Slices Fresh Banana	Bug Bites w Meal Berry Parfait w Granola Strawberries <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Baby Carrots Chilled Pears LOCAL APPLE	BBQ Pulled Pork WG Bun Oven Fries <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Shredded Carrot Sticks Rosy Applesauce 100% Juice
Chicken Nuggets WG Dinner Roll Sweet Golden Corn <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Shredded Carrot Sticks Fresh Orange Wedges Cinnamon Apple Slices	Taco Tuesday Beef or Chicken on Soft Shell Refried Beans <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Celery Sticks California Raisins Cantaloupe	Mini Pancakes & Sausage Links Tator Tots <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Grape Tomatoes Chilled Fruit Cocktail LOCAL APPLE	Rotini w Meatsauce & Breadstick Steamed Broccoli <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Fresh Baby Carrots Chilled Peaches Chilled Peas	Mini Waffles w Chicken Tenders Sweet Potato Tots <u>Fruit & Veggie Bar</u> Spinach & Romaine Side Salad Broccoli Bites Rosy Applesauce 100% Juice
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
2) French Toast Stix w Sausage Links 3) Pizza Bagel Fun Meal, Bagel, mozz, pizza sauce, Raisins, and Juice 4) Chef Salad Turkey/Ham	2) Cheeseburger on Bun 3) Yogurt Cup, String Cheese, Blueberry Muffin, crackers 100% Juice & Carrot Sticks 4) Chicken Caesar Salad	2) WG Pizza Dunkers w Cheese & Pizza Sauce 3) PB&J Crustable w String Cheese, 100% Juice, Carrot Sticks & Bug Bites 4) Chef Salad Turkey/Ham	2) Popcorn Chicken w Dinner Roll WG 3) Yogurt Cup w Whole Grain Cereal, cheese stick, 100% Juice & Carrot Sticks 4) Chicken Caesar Salad	2) WG Tony's Cheese Pizza 3) Cold Nacho Fun Lunch: Tortilla Scoops, Cheddar Cheese, Salsa, Raisins 4) Chef Salad Turkey/Ham

Questions or Comments? Please call Steve Pell, Food Service Director 517-647-2984 or email at spell@portlandk12.org
 A full student lunch includes a choice of entrée supplying protein and grain, up to two (2) vegetable side dishes, two (2) fruit side dishes, and milk. Milk choices include skim white and skim chocolate.

USDA is an equal opportunity employer and provider.

Join us in the café during September's Power Your Performance theme focusing on foods that transform into energy and building blocks for our bodies. Learn how eating the right foods can help you perform at your best and stay ahead of the game. The better the food, the better the energy. **So Power Up & Keep Moving!**