



CCSD 21 Elementary Lunch Menu January 2 - 27 Student lunch \$2.20 Reduced price \$0.40

This month's food focus is

BROWN RICE! In some parts of the world, the word for "to eat" literally means to "eat rice"!

Questions or comments?

Please call Kate Zebert, Food Service Director at 847-279-3451

Monday	Tuesday	Wednesday	Thursday	Friday
2 Winter Break NO SCHOOL	3 Baked WG Chicken Nuggets & Wheat Dinner Roll / Jelly OR ^Soy Butter Cold Plate Baked Tator Tots Crisp Celery Sticks Peaches Fresh Orange	4 Turkey Hot Dog / Wheat Bun OR ^Yogurt & Fruit Platter Vegetarian Baked Beans Crunchy Baby Carrots Mixed Fruit *Fresh Apple	5 ^Pasta Marinara/ Bosco Stick OR Chicken Caesar Salad Fresh Spinach Salad Seasoned Green Beans Apricots Banana	6 Italian Meatballs & Wheat Roll OR ^Meatless Chef Salad Vegetable Brown Rice Casserole Romaine & Tomato Salad Applesauce Fresh Pear
9 Hamburger / Wheat Bun OR ^Bagel, Yogurt & Cheese Seasoned Green Beans Crunchy Baby Carrots Applesauce Fresh Orange	10 Mini Corn Dog Dippers OR ^Cold Pizza Bagel Orange Sweet Potatoes Seasoned Peas & Carrots Mandarin Oranges Banana	11 ^Cheese Pizza / Wheat Crust OR Turkey Ham & Cheese Sub Crisp Celery Sticks Antipasto Whole Wheat Pasta Diced Pears *Fresh Apple	12 ^Macaroni & Cheese / Wheat Dinner Roll OR Chef Salad Seasoned Broccoli Grape Tomatoes Peaches Fresh Pear	13 ^Cheesy Nachos OR Nachos Supreme OR Turkey & Cheese / Wheat Bun Cilantro Lime Brown Rice Garden Salad Mixed Fruit Fresh Orange
16 Martin Luther King Day NO SCHOOL	17 Maple Pancake & Turkey Sausage Wrap & String Cheese OR ^Meatless Chef Salad Creamy Yogurt Fruit Salad Crunchy Baby Carrots Diced Pears Fresh Orange	18 Baked WG Chicken Nuggets / Wheat Roll OR Egg Salad Sandwich Baked Fries Cool Cucumber Slices Peaches Banana	19 ^Bosco Stick / Marinara Sauce OR Chicken Caesar Salad Steamed Green Beans Fresh Spinach Salad Apricots Fresh Grapes	20 Turkey Hot Dog / Wheat Bun OR ^Hummus & Veggie Platter Baked Sweet Potato Fries Crisp Celery & Carrot Sticks Golden Pineapple Fresh Pear
23 Institute Day NO SCHOOL	24 Cheeseburger / Wheat Bun OR ^Meatless Chef Salad Romaine & Tomato Salad Crunchy Baby Carrots Applesauce Banana	25 ^Cheese Pizza / Wheat Crust OR Turkey Ham & Cheese Sub Garden Salad Antipasto Whole Wheat Pasta Diced Pears Fresh Grapes	26 Baked WG Chicken Nuggets / Wheat Roll & Jelly OR ^Soy Butter, Celery & Wheat Crackers Seasoned Broccoli Crisp Celery Sticks Peaches *Fresh Apple	27 Sloppy Joe Tostito Scoops OR ^Yogurt & Fruit Platter Green Beans & Mushrooms Fresh Spinach Salad Mixed Fruit Fresh Orange
Available Daily: Whole Grain Chicken Patty on Wheat Bun Skim White, Skim Chocolate or 1% White Milk	*Local fresh or frozen ^Meatless choice	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: <ul style="list-style-type: none"> • 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 • 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		

Make half your plate fruits & vegetables!



Go to MyPlate.gov for online personal wellness resources for you and your family.