



CCSD 21 Lunch Menu September 5 - 30

Student lunch \$2.20 Reduced price \$0.40

This month's food focus is TOMATOES

TOMATOES! They're an excellent source of Vitamin C & a good source of Vitamin A.

Questions or comments?

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

	Monday	Tuesday	Wednesday	Thursday	Friday
5	LABOR DAY No School	6 ^French Toast Sticks / Peach Topping Turkey Sausage Patty (opt) OR Chef Salad Pear & Raisin Salad Celery Sticks Apple Juice Fresh Orange Wedges	7 Baked WG Chicken Nuggets OR ^Egg Salad / Wheat Bun Baked Fries *Cucumber Slices Diced Peaches Fresh Grapes	8 Bosco Stick / Marinara Sauce OR Chicken Caesar Salad *Steamed Green Beans Fresh Spinach Salad Apricots Petite Banana	9 ^Vegetarian Chili OR Turkey & Cheese / Wheat Bun Brown Rice Celery Sticks Golden Pineapple Fresh Pear
12	Cheeseburger / Wheat Bun OR ^Cold Pizza Bagel *Romaine & Tomato Salad Fresh Baby Carrots Applesauce Fresh Pear	13 Baked WG Chicken Nuggets OR ^Egg Salad / Wheat Bun Seasoned Broccoli Celery Sticks Diced Peaches *Fresh Apple	14 ^Cheese Pizza / WG Crust OR Turkey Ham & Cheese Sub Garden Salad Antipasto Wheat Pasta Salad Diced Pears Petite Banana	15 Sloppy Joe Tostito Scoops OR ^Yogurt & Fruit Platter *Green Beans & Mushrooms Fresh Spinach Salad Mixed Fruit Fresh Orange Wedges	16 BBQ Chicken / Wheat Bun OR ^Garden Pasta Salad w/Beans *Golden Corn Confetti Coleslaw Mandarin Oranges Fresh Grapes
19	Baked WG Chicken Nuggets OR ^Soy Butter Cold Plate Baked Fries Seasoned Broccoli Diced Peaches Fresh Orange Wedges	20 Italian Meatballs OR ^Meatless Chef Salad Vegetable Rice Casserole *Romaine & Tomato Salad Applesauce Fresh Grapes	21 Chicken Fajitas OR ^Hummus & Veggies *Green Beans Mixed Green Salad Golden Pineapple Fresh Pear	22 ^Pasta Marinara/ Bosco Stick OR Chicken Caesar Salad Fresh Spinach Salad Cherry Tomatoes Apricots Petite Banana	23 Turkey Hot Dog / Wheat Bun OR ^Yogurt & Fruit Platter Vegetarian Baked Beans Fresh Baby Carrots Mixed Fruit *Fresh Apple
26	Hamburger / Wheat Bun OR ^Bagel, Yogurt & String Cheese *Seasoned Green Beans Fresh Baby Carrots Applesauce Fresh Pear	27 Mini Corn Dog Dippers OR ^Cold Pizza Bagel Orange Sweet Potatoes *Seasoned Peas & Carrots Mandarin Oranges *Fresh Apple	28 ^Cheese Pizza / Wheat Crust OR Turkey Ham & Cheese Sub Celery Sticks Antipasto Wheat Pasta Salad Diced Pears Petite Banana	29 ROSH HASHANAH No School	30 ^Cheesy Nachos OR Turkey & Cheese / Wheat Bun Southwest Beans Garden Salad Mixed Fruit Fresh Orange
	Available Daily: Whole Grain Chicken Patty on Wheat Bun Skim White or Chocolate Milk 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		

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

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.