

Belding Area Schools Elementary Lunch

February 1st - March 3rd

Student lunch \$2.25 Reduced price \$0.40

All meals include a trip to Chartwells food bar. Daily food bar offerings include a variety of fruits and vegetables such as:
romaine lettuce, fresh broccoli, baby carrots, fresh fruit, canned fruit and composed salads.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese Filled Whole Grain Breadsticks with Dipping Sauce Romaine Side Salad Fresh Apple Choice of Milk	2 WG Chicken Nuggets served with Biscuit Steamed Broccoli with Cheese Chilled Pears Choice of Milk	3 Soft Shell Beef Taco served with Cheese and Lettuce Refried Beans Mandarin Oranges Choice of Milk
Weekly Alternatives: Junior Turkey and Cheese in Whole Wheat Wrap w/ Baby Carrots, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
6 No School	7 Baked Breaded Chicken Nuggets with Whole Grain Breading w/ Wheat Dinner Roll Homemade Baked Beans Fruit Goop Choice of Milk	8 Pasta & Italian Meat Sauce Tossed Salad w/ Vinegar & Oil Dressing Banana Choice of Milk	9 Whole Grain Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk	10 Cheese Pizza on Whole Grain Crust Corn Chilled Mixed Fruit Choice of Milk
Weekly Alternatives: Yogurt and Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers) Baby Carrots, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
13 Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears Choice of Milk	14 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches Choice of Milk	15 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	16 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with cheese sprinkled on top Orange Smiles Choice of Milk	17 No School
Weekly alternatives: Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
20 No School	21 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Fruit Crisp Choice of Milk	22 Cheesy Red Rotini Bake Seasoned Green Beans Chilled Pears Choice of Milk	23 Chicken & Cheese Quesadilla served w/ salsa Fresh Banana Choice of Milk	24 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
Weekly Alternatives: Junior Ham & Cheese Sub with w/ Celery Sticks, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
27 Grilled Chicken Sandwich on Whole Grain Bun Baked Sweet Potato Tots Locally Grown MI Apple Choice of Milk	28 Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Choice of Milk	29 Sloppy Joe Scoops Fresh Creamy Coleslaw Made w/ Locally Grown Cabbage Chilled Peaches Choice of Milk	2 Turkey Hot Dog on a Whole Grain Bun Tater Tots Locally Grown MI Cantaloupe Choice of Milk	3 Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Pineapples Choice of Milk
Weekly Alternatives: Flexitarian Fun Lunch: Hummus, Crackers, Carrot and Celery Sticks, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				

Menus Subject to change without notice

Milk selections include: skim white or skim chocolate. All milk is artificial hormone free.



Go to www.choosemyplate.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.