



Chartwells School Dining Services at South Redford School District Lunch Menu September 3, 2014 - October 3, 2014

Student lunch \$2.45 Reduced price \$.40*, Free (*if qualified)

A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include 1% white and skim chocolate.

A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. See back of menu for this month's featured selections. We also offer at least one hot vegetable daily on our serving line.

Menu Subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
September 1, 2014 Labor Day	2 No School	3 Whole Grain Breaded Patty on WW Bun Seasoned Corn Fruit & Veggie Bar	4 Turkey Sausage French Toast Sticks Baked Tater Tots Fruit & Veggie Bar	5 Pepperoni Pizza Seasoned Broccoli Fruit & Veggie Bar
8 Baked Ham Corn Bread Baked Tater Tots Fruit & Veggie Bar	9 Breaded Chicken Nuggets Whole Wheat Dinner Roll Seasoned Green Beans Fruit & Veggie Bar	10 Bosco Sticks with Dipping Sauce Seasoned Carrots Fruit & Veggie Bar	11 Pork BBQ Rib Patty Macaroni & Cheese Sauce Baked Beans Fruit & Veggie Bar	12 Tony's Cheese or Pepperoni Pizza Seasoned Mixed Vegetables Fruit & Veggie Bar
15 Whole Grain Breaded Patty on WW Bun Baked Potato Smiles Fruit & Veggie Bar	16 Nachos, Beef & Cheese Sauce Brown Rice & Beans Seasoned Cauliflower Fruit & Veggie Bar	17 Hamburger on a Whole Grain Bun Corn on the Cob Fruit & Veggie Bar	18 BBQ Chicken Leg WG Dinner Roll Seasoned Broccoli Fruit & Veggie Bar	19 Whole Grain Pizza Bagels Seasoned Carrots Fruit & Veggie Bar
22 Meatballs in Sauce Pasta Seasoned Corn Fruit & Veggie Bar	23 Breaded Chicken Nuggets Whole Wheat Bread Stick Seasoned Cauliflower Fruit & Veggie Bar	24 Chicken Fajita on WG Tortilla Peppers and Onions Seasoned Broccoli Fruit & Veggie Bar	25 Grilled Chicken on Bun Corn Bread Baked Potato Smiles Fruit & Veggie Bar	26 Pepperoni Pizza Seasoned Green Beans Fruit & Veggie Bar
29 Soft Beef Taco Seasoned Corn Fruit & Veggie Bar	30 Oven Baked Chicken Whole Wheat Dinner Roll Seasoned Green Beans Fruit & Veggie Bar	October 1, 2014 Hot Dog on WG Bun Sweet Potato Fries Fruit & Veggie Bar	2 Scrambled Eggs French Toast Sticks Hash Brown Patty Fruit & Veggie Bar	3 Tony's Cheese Pizza on Whole Wheat Seasoned Broccoli Fruit & Veggie Bar
<i>Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk)</i>				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Jr. Turkey Deli Combo Sub	Italian Hoagie	Nachos Fun Lunch	Turkey & Cheese on Goldfish Bread	Ham & Cheese Hoagie
Garden Chef Salad w/ Cheddar Cheese & Crackers	Turkey & Cheese Chef Salad w/ Crackers	Breaded Chicken Caesar Salad	Fun Lunch: Yogurt, Grahams, Apple, String Cheese	Garden Chef Salad w/ Crackers



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

Questions or comments?

Please call Karen Cumming, Food Service Director at 313-535-4000x1184
E-mail: cummka01@southredford.net

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USDA is an equal opportunity provider and employer.

EMPLOYMENT OPPORTUNITIES: Anyone interested in working at a school during lunch as a substitute Cook's Helper should contact Karen Cumming at 313-535-4000 x1184 for more information.



Following the new USDA guidelines:

Provides more deeply colored, nutrient dense, and fiber rich fruits and vegetables, spinach, peaches, broccoli, and beans;
 Provides more whole grain foods, such as brown rice and whole wheat;
 Encourages lean proteins including vegetarian and plant based and
 Reduces unhealthy fats, sodium, and sugar.

Chartwells is dedicated 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

This Month's Fruit and Vegetable Bar Featured Selections:

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 3, 2014 - Sept. 5, 2014				
		Fresh Baby Carrots	Romaine Spinach Salad	Fresh Sliced Tomatoes
		Broccoli Florettes	Kidney Beans	Broccoli Florettes
		Chilled Pineapples	Chilled Mixed Fruit Cocktail	Chilled Pears
		Chilled Peaches	Chilled Applesauce	Fresh Orange Wedges
Sept. 8, 2014 - Sept. 12, 2014				
Fresh Baby Carrots	Broccoli Florettes	Fresh Baby Carrots	Romaine Spinach Salad	Fresh Baby Carrots
Garbanzo Beans	Fresh Cucumber Sticks	Fresh Red Pepper Strips	Chick Pea Salad	Chopped Romaine Lettuce
Chilled Peaches	Raisins	Fresh Orange Wedges	Chilled Pears	Chilled Mixed Fruit Cocktail
Mandarin Oranges	Chilled Pineapples	Chilled Applesauce	Chilled Tropical Fruit	Raisins
Sept. 15, 2014 - Sept. 19, 2014				
Fresh Baby Carrots	Romaine Spinach Salad	Fresh Carrot Sticks	Dark Green Tossed Salad	Fresh Red Pepper Strips
Kidney Beans	Homemade Tomato Salsa	Fresh Sliced Celery	Garbanzo Beans	Broccoli Florettes
Mandarin Oranges	Chilled Peaches	Rosy Applesauce	Raisins	Chilled Pineapples
Chilled Pineapples	Chilled Applesauce	Chilled Mixed Fruit Cocktail	Chilled Pears	Fresh Orange Wedges
Sept. 22, 2014 - Sept. 26, 2014				
Fresh Sliced Tomatoes	Chopped Romaine Lettuce	Fresh Red Pepper Strips	Broccoli Florettes	Fresh Baby Carrots
Chick Pea Salad	Fresh Baby Carrots	Dark Green Tossed Salad	Kidney Beans	Fresh Cauliflower Bites
Chilled Mixed Fruit Cocktail	Fresh Strawberries	Chilled Pineapples	Fresh Grapes	Mandarin Oranges
Chilled Applesauce	Jell-O w/ Mixed Fruit	Fruit Pudding	Chilled Peaches	Chilled Pears
Sept. 29, 2014 - Oct. 3, 2014				
Homemade Tomato Salsa	Chopped Romaine Lettuce	Fresh Sliced Tomatoes	Dark Green Tossed Salad	Fresh Baby Carrots
Garbanzo Beans	Fresh Cucumber Sticks	Tossed Salad	Chick Pea Salad	Fresh Spinach
Chilled Tropical Fruit	Mandarin Oranges	Chilled Mixed Fruit Cocktail	Chilled Peaches	Raisins
Chilled Pears	Chilled Applesauce	Chilled Pineapples	Rosy Applesauce	Fresh Orange Wedges

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Breakfast Menu

Breakfast Price: \$1.25 full pay, \$.30 reduced* or free* (*if qualified), Adult: \$1.50.

WEEK 1 MONDAY Cereal Bar and Graham Crackers Apple Peaches Low Fat Milk	TUESDAY Fruit Muffin Pears Pineapple Tidbits Low Fat Milk	WEDNESDAY Ultimate Breakfast Round Applesauce Cup Orange Low Fat Milk	THURSDAY Whole Grain Bagel w/ Lo- fat Cream Cheese Apple Apricot Cup Low Fat Milk	FRIDAY Crunchmania Flavored Applesauce Banana Low Fat Milk
WEEK 2 MONDAY 2 Goldfish Grahams Apple Raisins Low Fat Milk	TUESDAY Fruit Muffin Strawberry Cup Pears Low Fat Milk	WEDNESDAY Ultimate Breakfast Round Applesauce Cup Orange Low Fat Milk	THURSDAY Whole Grain Bagel w/ Lo- fat Cream Cheese Apple Slices Apricot Cup Low Fat Milk	FRIDAY Scooby Doo Grahams & Graham Crackers Flavored Applesauce Banana Low Fat Milk

Breakfast is available daily at each building, whether in the classroom or in the cafeteria. Please check with each building for specific times and locations.

The secondary schools offer other items that may not be listed here.

