



Pierce Middle School Date: September 3, 2014 - September 5, 2014

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

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar 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.

Lunch Price: \$2.65 paid, \$0.40 reduced*, free* (*if qualified)

Adult Lunch Price: \$3.50

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle	Labor Day	No School	Scrambled Eggs Fruit Cobbler French Toast Sticks Baked Tater Tots	Barbecued Chicken Corn Bread Corn Chips Seasoned Corn	Breaded Chicken Nuggets Whole Grain Dinner Roll Seasoned Carrots
Taste	Breaded Chicken Patty Sandwiches, Spicy Chicken Patty Sandwiches and Cheeseburgers may replace items currently listed on the menu or may be added as another choice without prior notice. Please check the Daily Offerings.				
	Labor Day	No School	BLT Burger on a Whole Grain Bun Grilled Chicken on a Whole Grain Bun Baked Tater Tots	Grilled Chicken Club on a Whole Grain Bun BBQ Shredded Pork on a Roll Baked Potato Smiles	Hamburger on a Bun Toasted Grilled Chicken and Pepper jack Cheese Baked Potato Wedges
Bake	Available Daily: Cheese Pizza Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
			Pepperoni Pizza	Brooklyn Style Pepperoni Flatbread	Pepperoni Pizza
Crisp	Available Daily: Assorted meats, cheeses & other proteins; whole grain sliced bread, whole grain wraps, and enriched rolls; shredded romaine lettuce, sliced tomatoes				
	Labor Day	No School	Chopped Romaine Lettuce Fresh Cucumber Coins Fresh Sliced Celery	Fresh Spinach Fresh Shredded Carrots Sliced Onion	Chopped Romaine Lettuce Broccoli Florettes Fresh Cucumber Coins
OutTakes	Labor Day	No School	Tuna Salad on Whole Wheat	Whole Grain Roast Beef & Cheese Wrap	Chicken Caesar Wrap
			Satsuma Cobb Salad w/ Egg, Turkey, Ham & Croutons Chick Pea Salad Fresh Baby Carrots Chilled Tropical Fruit	Diced Buffalo Chicken Salad w/ Croutons & Crackers Fresh Red Pepper Strips Romaine Spinach Salad Fresh Cantaloupe	Deli Chef Salad w/ Croutons & Crackers Fresh Baby Carrots Broccoli Florettes Strawberry Cup
Featured Fruit/Veg Bar Selections	Labor Day	No School	Chick Pea Salad Fresh Baby Carrots Chilled Tropical Fruit Rosy Applesauce	Fresh Red Pepper Strips Fresh Spinach Fresh Cantaloupe Mandarin Oranges	Fresh Baby Carrots Broccoli Florettes Strawberry Cup Fresh Grapes

Menu subject to change without notice



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

Questions or comments?

Please contact Karen Cumming, Food Service Director at 313-535-4000 xt1184 cummka01@southredord.net

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

EMPLOYMENT OPPORTUNITIES: Substitute Cook's Helper positions are now available. Anyone interested in working at a school during lunch should contact Karen Cumming at 313-535-4000 x 1183 for more information.



School Foodservice Information

Lunch Serving Times: 11:18 am - 12:45 pm

Lunch Price: \$2.65 paid, \$0.40 reduced*, free* (*if qualified) Adult Lunch Price: \$3.50

No advance registration necessary! All students are welcome every day!

The new USDA Guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, 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

Chartwells continues to be 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

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