Chartwells School Dining Services at Oneonta Elementary
JAN. 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	**Pancakes 3** Chicken Nuggets Sweet Potato Fries/Baked Beans/BBQ Sauce B. Peanutbutter/Jelly **C. NO "C" Lunch**	**Waffles 4** Macaroni & Cheese Seasoned Broccoli,Whole Grain Dinner Roll B. Tuna Wrap **C. NO "C" Lunch**	**Yogurt/Muffin 5** Chicken Fajita Wrap Seasoned Brown Rice, Buttered Corn,Salsa B. Hot Ham & cheese Bagel **C. NO "C" Lunch**	**Breakfast Sandwich 6** Classic Cheese Pizza Seasoned Carrots B. Peanutbutter/Jelly Sandwich C. Italian Dunkers
Egg/Toast 9 Toasted Cheese Sandwich Tomato Soup, Green Beans, Saltines B. Peanutbutter/Jelly C. Turkey/Cheese Sandwich	**Pancakes 10** Rotini w/Italian Meatsauce Romaine/Spinach Salad Whole Grain Dinner Roll B. Peanutbutter/Jelly C. Chef Salad	**Waffles 11** Cheeseburger on Whole Grain Bun Sweet Potato Fries/Baked Beans B. Tuna Salad Wrap C. Chicken & Cheese Chef	**Yogurt/Muffin 12** Chicken Bowl(Popcorn chicken, mashed potatoes/gravy) Buttered Corn/Whole Grain Dinner Roll B. Hot Ham & Cheese Bagel c. Garden Salad w/ egg	**Breakfast Sandwich 13** Classic Cheese Pizza Seasoned Broccoli B. Peanutbutter/Jelly Sandwich C. Italian Dunkers
16 **NO SCHOOL**	**Pancakes 17** French Toast Sticks Sausage, Hash Brown, Carrots, Syrup B. Peanutbutter/Jelly C. Chef Salad	**Waffles 18** Chicken Cheesesteak on Whole Grain Bun Macaroni Salad/Baked Beans B. Tuna Salad Wrap C. Chicken & Cheese Chef	**Yogurt/Muffin 19** Soft Shell Taco Brown Rice, Corn, Salsa B. Hot Ham & Cheese Bagel C. Garden Salad w/Hard Boiled Egg	**Breakfast Sandwich20** Classic Cheese Pizza Romaine/Spinach Salad B. Peanutbutter/Jelly Sandwich C. Italian Dunkers
Egg/Toast 23 Chicken Patty on Whole Grain Bun Oven Fries/Peas B. Peanutbutter/Jelly C. Turkey/Cheese Sandwich	**Pancakes 24** Open Faced Turkey Sandwich w/Gravy,Mashed Potatoes/Carrots B. Peanutbutter/Jelly C. Chef Salad	**Waffles 25** Hot Meatball Sub on Whole Grain Bun Rotini, Crunchy Dark Green Salad B. Tuna Salad Wrap Chicken & Cheese Chef	**Yogurt/Muffin 26** Chicken Alfredo Seasoned Brown Rice,Broccoli, Whole Grain Dinner Roll B. Hot Ham & Cheese Bagel C. Garden Salad w/Hard Boiled Egg	**Breakfast Sandwich27** Classic Cheese Pizza Black Bean/Corn Salad B. Peanutbutter & Jelly Sandwich C. Italian Dunkers
Egg/Toast30 Hot Dog on Whole Grain Bun,Sweet Potato Fries,Baked Beans B. Peanutbutter/Jelly C. Turkey/Cheese Sandwich	Pancakes 31 Macho Nacho Mexican Brown Rice/Corn/Salsa B. Peanutbutter/Jelly C. Chef Salad	**Waffles 1** Pasta, Pepperoni Bake Crunchy Dark Green Salad, Whole Grain Dinner Roll B. Tuna Salad Wrap C. Chicken & Cheese Chef	Yogurt/Muffin 2 Chicken & Biscuit w/Gravy,Mashed Potatoes, Broccoli B.Hot Ham & cheese Bagel C.Garden Salad w/Hard Boiled Egg	Breakfast Sandwich 3 Classic Cheese Pizza Buttered Carrots B.Peanutbutter/Jelly Sandwich C. Italian Dunkers

Salads served with Whole Grain Dinner Roll
Skim Chocolate
1% White Milk
Skim White Milk
Pay for 14 lunches get a bonus meal.

Breakfast Items: Entrée' of the day,Cereal, Yogurt,Bagel, Milk, Assorted Fruit
Assorted Fresh Veggies,Juice

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

This institution is an equal opportunity provider

Please call Kim Corcoran, Food Service Director at 607-433-8243-ext 153.

The 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.

This month's food focus is <insert food>

<Insert monthly food focus messa

School Foodservice Information
Serving Time: **Price:** $(fill-in price) paid, $ (fill-in price) reduced*, free* (*if qualified)

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

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our guidelines:

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
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

This Month's Fruit and Vegetable Bar Featured Selections:

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25