



Chartwells Food Service: Bridgeport Thomas White, Atkins Elementary & Middle School

LUNCH MENU November , 2016

All Meals are free to Students

A full student lunch includes a choice of entrée supplying protein and grain, (2) vegetable side dishes (1) fruit side dish and choice of milk. Milk choices include 1% Low Fat White and Fat Free Chocolate. Menu is subject to change

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. **Questions or Comments? 989-777-7018. Milk Only \$0.50**

Monday	Tuesday	Wednesday	Thursday	Friday
31-Oct Perfect Sloopy Joe, on WG Bun, Ovedn Baked Fries, Fruit & Vegetable Bar	1 Soft Beef Taco on WG Tortilla W/Cheese, Seasoned Broccoli, Fruit & Vegetable Bar	2 Minin Corn Dogs,Crinkle Cut Fries, Roasted Green Beans, Fruit & Vegetable Bar	3 Homemade Beef Lasagna, WG Dinner Roll, Seasoned Fries, Fruit & Vegetable Bar	4 Beef Ravioli, Warm Dinner Roll, Seasoned Corn, Fruit & Vegetable Bar
7 Popcorn Chicken & Mashed Potato Bowl, WG Dinner Roll, Seasoned Peas, Fruit & Vegetable Bar	8 Classic Hamburg on WG Bun, Seasoned Broccoli, Fruit & Vegetable Bar	9 BBQ Pork Riblet on WG Bun, Roasted Green Beans, Fruit & Vegetable Bar	10 Homemade Chicken Pot Pie, Wg Warm Biscuit, Fruit & Vegetable Bar	11 Turkey Nachos, Cheddar Cheese, Shredded Lettuce, Seasoned Corn, Fruit & Vegetable Bar
14 Shredded BBQ Pork Sandwich, Seasoned Carrots, Fruit & Vegetable Bar	15 Fajita Chicken on WG Tortilla, Sauteed Pepper & Onion, Seasoned Refried Beans, Fruit & Vegetable Bar	16 Crispy Chicken Sandwich on WG Bun, Roasted Green Beans, Fruit 7 Vegetable Bar	17 Turkey Hot Dog on WG Bun, Oven Baked French Fries, Fruit & Vegetable Bar	18 Cheese Bosco Sticks, Marinara Sauce, Seasoned Corn, Fruit & Vegetable Bar
21 1/2 Day Sack Lunch	22 1/2 Day Sack Lunch	23 THANKSGIVING BREAK NO SCHOOL	24 THANKSGIVING BREAK NO SCHOOL	25 THANKSGIVING BREAK NO SCHOOL
28 Perfect Sloopy Joe, on WG Bun, Ovedn Baked Fries, Fruit & Vegetable Bar	29 Soft Beef Taco on WG Tortilla W/Cheese, Seasoned Broccoli, Fruit & Vegetable Bar	30 Minin Corn Dogs,Crinkle Cut Fries, Roasted Green Beans, Fruit & Vegetable Bar		

Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk) :

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Ham & Cheese Sandwich on WG Bread	Ham & Turkey Chef Salad	Chicken Nuggets W/ WG Roll	Turkey Chef Salad	Classic Cheese Pizza
Peanut Butter & jelly Sandwich	Peanut Butter & jelly Sandwich	Peanut Butter & jelly Sandwich	Peanut Butter & jelly Sandwich	Peanut Butter & jelly Sandwich
Crunchy Green Salad Vegetarian Baked Beans Assorted Chilled Fruit Assorted Fresh Fruit	Marinated Tomato & Cucumber Salad Celery Sticks Assorted Chilled Fruit Assorted Fresh Fruit	Crunchy Green Salad Fresh Broccoli Assorted Chilled Fruit Assorted Fresh Fruit	Cherry Tomatoes Fresh Cucumber Coins Assorted Chilled Fruit Assorted Fresh Fruit	Crunchy Green Salad Fresh Baby Carrots Assorted Chilled Fruit Assorted Fresh Fruit

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Bridgeport Elementary Breakfast Menu

Breakfast is FREE to all students

Milk choices include 1% low fat white and fat free Chocolate. Milk only \$0.50

A full student breakfast includes a choice of entrée supplying grains or grain and protein, (2) fruit side dishes, and a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Apple Cinnamon Bar Fresh or Chilled Fruit Juice & Milk	French Toast Crunchmania, Fresh Fruit, 100% Juice & Milk	WG Blueberry Muffin, String Cheese, Fresh Fruit, 100% Fruit Juice & Milk	Golden Graham Cereal, Giant Gold Fish, Fresh Fruit, 100% Juice & Milk	Double Chocolate Oatmeal Bar, Fresh Fruit, 100% Juice & Milk
Fruity Cheerios, Goldfish Crackers, Fresh Fruit, 100% Juice & Milk	French Toast Crunchmania, Fresh Fruit, 100% Juice & Milk	Cherry Frudel, Fresh Fruit, 100% Juice & Milk	Apple Cinnamon Cheerios, Graham Cracker, Fresh Fruit, 100% Juice & Milk	Banana Chocolate Chunk Bar, Fresh Fruit, 100% Juice & Milk
Apple Cinnamon Bar Fresh or Chilled Fruit Juice & Milk	French Toast Crunchmania, Fresh Fruit, 100% Juice & Milk	WG Blueberry Muffin, String Cheese, Fresh Fruit, 100% Fruit Juice & Milk	Golden Graham Cereal, Giant Gold Fish, Fresh Fruit, 100% Juice & Milk	Double Chocolate Oatmeal Bar, Fresh Fruit, 100% Juice & Milk
Apple Cinnamon Bar Fresh or Chilled Fruit Juice & Milk	French Toast Crunchmania, Fresh Fruit, 100% Juice & Milk	WG Blueberry Muffin, String Cheese, Fresh Fruit, 100% Fruit Juice & Milk	Golden Graham Cereal, Giant Gold Fish, Fresh Fruit, 100% Juice & Milk	Double Chocolate Oatmeal Bar, Fresh Fruit, 100% Juice & Milk
Fruity Cheerios, Goldfish Crackers, Fresh Fruit, 100% Juice & Milk				

Food Focus: LEGUMES Reasons to Eat Beans
A ½ cup of most cooked beans has lots of fiber
and folate. Eating beans is also a good way
to get protein, iron, and potassium. Protein is
the part of the food that we eat that makes the
bones, muscles, hair, and skin in our bodies.

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