

Ferndale Schools Primary Menu

Student lunch \$2.50 Reduced price \$.40

Extra slice of pizza 1.75

CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH MEAL

























Questions or comments? Please call Laura Shields, Food Service Director at 248-586-8703


March 2011


You can check your children's account balances and participation in the lunch program on Zangle!

 Our Award-Winning Chartwells Balanced Choices®

Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 28 Meatless Monday  Balanced Choices Meal: Macaroni and Cheese Green Beans Sliced Apples | 1  Pepperoni Pizza on Whole Grain Crust Tossed Salad Grapes | 2  Balanced Choices Meal: Sloppy Joe Baked Beans Tropical Fruit Salad | 3  Whole Grain French Toast Turkey Sausage Potato Rounds Apple | 4  Balanced Choices Meal: Breaded Fish Sandwich on a Whole Grain Bun Peas & Carrots Pineapple Tidbits |
| 7  Balanced Choices Meal: Meatless Monday Cheese Ravioli Broccoli Bread Sticks Apple Slices | 8  Pepperoni Pizza on Whole Grain Crust Tossed Salad Apple sauce | 9  Balanced Choices Meal: Chicken Rings Sweet Potatoes Celery Sticks Fruit Cocktail | 10  Balanced Choices Meal: Meatloaf Mashed Potatoes Northern Beans Whole Grain Rolls Fresh Orange | 11  Balanced Choices Meal: Cheese Burger Whole Grain Bun French Fries Mixed Vegetable Peaches |
| 14  Meatless Monday Cheesy Bread Stix Mixed Vegetables Applesauce | 15  Pepperoni Pizza on Whole Grain Crust Tossed Salad Chilled Peas | 16  Balanced Choices Meal: Chef Boyardee Ravioli Roll Corn Pineapple Tidbits | 17  Balanced Choices Meal: BBQ Pork Rib lets w/ Bun Peas Fresh Orange | 18  Balanced Choices Meal: Chili Turkey Dogs w/Cheese French Fries Kidney Beans Mix Fruit |
| 21  Meatless Monday Whole Grain Nachos w/ Cheese Pinto Beans Fresh Apple | 22  Pepperoni Pizza on Whole Grain Crust Tossed Salad Pineapple | 23  Breaded Chicken Cordon Bleu on a Whole Grain Bun Corn Peaches | 24  Balanced Choices Meal: Asian Chicken Stir Fry Potato Rounds Fresh Oranges | 25  Chicken Nuggets Potato Rounds Carrots Mixed Fruit |
| 28  Meatless Monday Whole Grain Hot Cakes Cheese Omelet Sweet Corn | 29  Pepperoni Pizza on Whole Grain Crust Tossed Salad Mixed Fruit | 30  Balanced Choices Meal: Chicken Strips Seasoned Fries Northern Beans Pears | 31  BBQ Rib Sandwich On Whole Grain Bun Cucumber Slices w/Ranch Applesauce | |
| JFK and Coolidge Other choices daily will be Chef Salads, or Chicken Sandwiches | | | | |
| Roosevelt choose a Fun Lunch available every day with your choice of a ham or turkey sub, fruit, vegetable, and a milk | | | | |

 This month's featured menu items made w/ locally grown produce from our local farmers.

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol in the cafeteria to help you identify whole grain foods.

ALL MENU ITEMS contain zero grams of artificial trans fat per serving

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.