




















Ferndale Schools Elementary Lunch Menu


Student lunch \$2.50 | Reduced price \$.40
 CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH MEAL

 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!

DECEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
NOV 30 Chicken Rings Peaches Sliced Carrots	DEC 1 Pepperoni Pizza Sweet Corn Chilled Peaches	2  Balanced Choices Meal: Turkey Hot Dog on a Bun Fresh Baby Cut Carrots Tropical Fruit Salad	3 Hamburger on a  Bun Cucumber Slices w/ Ranch Dressing Fresh Apple	4  Balanced Choices Meal: Rotini Marinara w/ Shredded  Cheese & Bosco Stuffed Breadstick Green Beans Orange Smiles
7 Whole Grain French Toast  Turkey Sausage Apple 100% Fruit Juice Cup	8 Pepperoni Pizza Banana Mixed Vegetables	9 Whole Grain Nachos  With Cheese Sweet Corn Pineapple Tidbits	10 BBQ Rib Sandwich on a  Bun Cucumber Slices w/ Ranch Dressing Fresh Apple	11 Spaghetti and Meat Sauce   Roll Carrot Coins Chilled Applesauce
14  Balanced Choices Meal: Popcorn Chicken Peas Chilled Pineapples	15 Pepperoni Pizza Sweet Corn Chilled Peaches	16  Balanced Choices Meal: Turkey and Gravy Mashed Potatoes Apple 100% Fruit Juice Cup	17 Meat and Cheese Ravioli Green Beans Orange Smiles	18 Breaded Chicken Patty on  Bun Peas & Carrots Pineapple Tidbits
21 	22 Winter	23 	24 Break	25 
28 Happy	29 	30 New	31 	1 Year
Or choose a "Fun Lunch", available every day with your choice of a ham or turkey sub, fruit, vegetable, and 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

Questions or comments? Please call Jason Russell, Food Service Director at 248-586-8702.