

Ferndale Schools Elementary

Student lunch \$2.50 Reduced price \$.40























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


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

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!

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1  Balanced Choices Meal: Whole Grain Chicken Corn Dogs Mixed Vegetables Applesauce	2 Pepperoni Pizza Chilled Pears Sweet Corn	3 Whole Grain Hotcakes W/Sliced Turkey Ham Peaches Sliced Carrots	4  Balanced Choices Meal: BBQ Rib Sandwich on Whole Grain Bun  Mixed Fruit Green Beans	5 Rotini Marinara w/ Shredded  Cheese & Bosco Stuffed Breadstick Green Beans Orange Smiles
8  Balanced Choices Meal: Turkey Dog on a Bun Fresh Baby Cut Carrots Canned Pears	9 Pepperoni Pizza Chilled Pears Mixed Vegetables	10  Balanced Choices Meal: Sloppy Joe on a Bun Golden Corn Chilled Peaches	11  Balanced Choices Meal:  Mini Chicken Corn Dogs Seasoned Peas and Carrots Fresh Orange	12 Chicken Rings Carrot Coins Chilled Applesauce
15  Balanced Choices Meal: Whole Grain Chicken Nuggets  Cucumber Slices w/ Ranch Dressing Fresh Apple	16 Pepperoni Pizza Sweet Corn Chilled Peaches	8 Whole Grain French Toast  Turkey Sausage Apple 100% Fruit Juice Cup	18  Balanced Choices Meal: Popcorn Chicken Peas Chilled Pineapples	19  Balanced Choices Meal: Spaghetti W/Meat Sauce and a Breadstick Peas and Carrots Mixed Fruit
22  Balanced Choices Meal: Whole Grain Chicken  Patty on a Bun Sweet Corn Pineapple Tidbits	23 Pepperoni Pizza Mixed Vegetables Applesauce	24  Balanced Choices Meal: Grilled Chicken Breast Fresh Baby Cut Carrots Sliced Pears	25  Balanced Choices Meal: Cheeseburger on a  Bun Cucumber Slices w/ Ranch Dressing Fresh Apple	26 Chicken Rings Green Beans Peaches Sliced Carrots
29  Balanced Choices Meal: Whole Grain Nachos  With Cheese Sweet Corn Pineapple Tidbits	30 Pepperoni Pizza Chilled Pears Sweet Corn	31 Popcorn Chicken Fresh Baby Cut Carrots Apple Sauce	April 1  Balanced Choices Meal: BBQ Rib Sandwich on Whole Grain Bun  Peas Sliced Peaches	2 No School
Or choose a Hamburger on Monday, Wednesday, and Friday or a hotdog on Tuesday, or Thursday!				

 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

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

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.