

Chartwells School District Name of MIDDLE School
Breakfast Menu September 1 – September 30, 2009

Student breakfast \$x.xx Reduced price \$x.xx
CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH BREAKFAST MEAL



Use your Breakfast Club Frequent Buyer Card- enjoy 5 breakfasts to be eligible for prize drawings!

<p>MONDAYS</p>  <p>PARFAITS!</p>	<p>September 1, September 8, September 15, September 22, September 29</p> <p><i>Parfaits Made Your Way-</i> Choose From Plain or Vanilla Low Fat Yogurt Assorted Fresh & Dried Fruits Including Local Seasonal Items as Available 🍷 Homemade Cinnamon Toasty Granola or Graham Cracker Crumbs Offered w/ Choice of Pure Fruit Juice</p>					
<p>TUESDAYS</p>  <p>TOPPERS!</p>	<p><i>🍷 Topped & Oven Toasted Whole Grain Bagels</i></p> <table border="0"> <tr> <td data-bbox="446 577 609 724"> <p>September 2 🌱 Denver Bagel Topper Petite Banana Orange Juice</p> </td> <td data-bbox="657 577 836 682"> <p>September 9 🍷 Pizza Bagel Minis California Fruit Salad</p> </td> <td data-bbox="868 577 1047 703"> <p>September 16 🍷 Salsa Scramble Bagel Topper Sunshine Apricot Applesauce</p> </td> <td data-bbox="1079 577 1258 682"> <p>September 23 🍷 Pizza Bagel Minis Cranberry Pear Fruit Salad</p> </td> <td data-bbox="1291 577 1469 741"> <p>September 30 🌱🍷 Apple Cheddar Bagel Topper Mandarin Oranges Grape Juice</p> </td> </tr> </table>	<p>September 2 🌱 Denver Bagel Topper Petite Banana Orange Juice</p>	<p>September 9 🍷 Pizza Bagel Minis California Fruit Salad</p>	<p>September 16 🍷 Salsa Scramble Bagel Topper Sunshine Apricot Applesauce</p>	<p>September 23 🍷 Pizza Bagel Minis Cranberry Pear Fruit Salad</p>	<p>September 30 🌱🍷 Apple Cheddar Bagel Topper Mandarin Oranges Grape Juice</p>
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<p>WEDNESDAYS</p>  <p>HOT COMBOS!</p>	<p><i>Breakfast Combos Ready to Go Self Served From Our Heated Sandwich Slide</i></p> <table border="0"> <tr> <td data-bbox="446 766 625 945"> <p>September 3 🍷 French Toast & Turkey Sausage Sticks Oven Brownd Home "Fried" Potatoes</p> </td> <td data-bbox="657 766 836 913"> <p>September 10 🍷 Hot Ham & Cheese Breakfast Slyders Baked Sweet Potato Coins</p> </td> <td data-bbox="868 766 1047 861"> <p>September 17 🍷 Western Breakfast Wrap Spicy Peach Salad</p> </td> <td data-bbox="1079 766 1258 966"> <p>September 24 🍷 Fresh Baked Cinnamon Breadsticks w/ Sweet Creamy Cheese Dip Warm Vanilla Mint Pineapples</p> </td> <td data-bbox="1291 766 1469 955"> <p>October 1 🍷 Mini Sausage Pancake Wraps w/ Clover Honey for Dipping 🍷 Warm Cinnamon Apples</p> </td> </tr> </table>	<p>September 3 🍷 French Toast & Turkey Sausage Sticks Oven Brownd Home "Fried" Potatoes</p>	<p>September 10 🍷 Hot Ham & Cheese Breakfast Slyders Baked Sweet Potato Coins</p>	<p>September 17 🍷 Western Breakfast Wrap Spicy Peach Salad</p>	<p>September 24 🍷 Fresh Baked Cinnamon Breadsticks w/ Sweet Creamy Cheese Dip Warm Vanilla Mint Pineapples</p>	<p>October 1 🍷 Mini Sausage Pancake Wraps w/ Clover Honey for Dipping 🍷 Warm Cinnamon Apples</p>
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<p>THURSDAYS</p>  <p>CEREAL BOWLS!</p>	<p><i>Select From a Variety of Hot or Cold Cereals Made w/ Whole Grain. Toppings Include Assorted Fresh & Dried Fruits (Local Seasonal Items As Available), Low Fat Yogurt, Nuts & Seeds, Low Fat Milk</i></p> <table border="0"> <tr> <td data-bbox="446 1018 625 1176"> <p>September 4 🍷 Choco Loco 🍷 Cheerios w/ Sliced Banana & Low Fat Chocolate Milk</p> </td> <td data-bbox="657 1018 836 1239"> <p>September 11 🍷 Mom's Apple Pie 🍷 Wholesome Oats Cooked w/ 🍷 Apples Topped w/ Brown Sugar Cinnamon & Low Fat White Milk</p> </td> <td data-bbox="868 1018 1047 1176"> <p>September 18 🍷 S'More Banana 🍷 Golden Grahams, Sliced Banana & Low Fat Chocolate Milk</p> </td> <td data-bbox="1079 1018 1258 1207"> <p>September 25 🍷 Peaches N Cream 🍷 Wholesome Oats Topped w/ Warm Spicy Peaches, Raisins & Low Fat White Milk</p> </td> <td data-bbox="1291 1018 1469 1207"> <p>October 2 🍷 Berry Chewy Crunch 🍷 Cruncheroos w/ Fresh Blueberries, Cranraisins & Low Fat Strawberry Milk</p> </td> </tr> </table>	<p>September 4 🍷 Choco Loco 🍷 Cheerios w/ Sliced Banana & Low Fat Chocolate Milk</p>	<p>September 11 🍷 Mom's Apple Pie 🍷 Wholesome Oats Cooked w/ 🍷 Apples Topped w/ Brown Sugar Cinnamon & Low Fat White Milk</p>	<p>September 18 🍷 S'More Banana 🍷 Golden Grahams, Sliced Banana & Low Fat Chocolate Milk</p>	<p>September 25 🍷 Peaches N Cream 🍷 Wholesome Oats Topped w/ Warm Spicy Peaches, Raisins & Low Fat White Milk</p>	<p>October 2 🍷 Berry Chewy Crunch 🍷 Cruncheroos w/ Fresh Blueberries, Cranraisins & Low Fat Strawberry Milk</p>
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<p>FRIDAYS</p>  <p>HOT & TOASTY!</p>	<p><i>Hot Sandwiches & Quesadillas Fixed Quick to Order in a Panini Press</i></p> <table border="0"> <tr> <td data-bbox="446 1270 625 1428"> <p>September 5 🍷 Toasted Ham & Cheese on Whole Wheat 🍷 Fresh Local Apple Salad</p> </td> <td data-bbox="657 1270 836 1428"> <p>September 12 🌱🍷 Pressed Cinnamon Apple Quesadillas Petite Banana Orange Juice</p> </td> <td data-bbox="868 1270 1047 1470"> <p>September 19 🍷 Power Start Panini w/ Sun Butter & Banana Peachy Fruit Salad w/ Fresh Strawberries & Grapes</p> </td> <td data-bbox="1079 1270 1258 1396"> <p>September 26 🍷 Saucy Sicilian Toasted Mozzarella on Whole Wheat Spiced Pears</p> </td> <td data-bbox="1291 1270 1469 1396"> <p>October 3 🍷 Pressed Salsa Cheddar Quesadilla Fresh Orange Wedges</p> </td> </tr> </table>	<p>September 5 🍷 Toasted Ham & Cheese on Whole Wheat 🍷 Fresh Local Apple Salad</p>	<p>September 12 🌱🍷 Pressed Cinnamon Apple Quesadillas Petite Banana Orange Juice</p>	<p>September 19 🍷 Power Start Panini w/ Sun Butter & Banana Peachy Fruit Salad w/ Fresh Strawberries & Grapes</p>	<p>September 26 🍷 Saucy Sicilian Toasted Mozzarella on Whole Wheat Spiced Pears</p>	<p>October 3 🍷 Pressed Salsa Cheddar Quesadilla Fresh Orange Wedges</p>
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<p>ALTERNATE BREAKFASTS AVAILABLE DAILY</p> 	<p><i>All packaged for quick grab N' go</i></p> <p>Build Your Own Power Combo Breakfast <i>by choosing fruit or juice AND skim or low fat milk PLUS Any TWO of the following (please choose 2 different items):</i></p> <table border="0"> <tr> <td data-bbox="446 1543 706 1774"> <p>Balanced Choices Breakfast Cereal Combo Packs <i>Assorted Cereals Packaged w/ 🍷 Bagel Half, Jelly, Fruit & Juice</i> <i>Offered w/ Your Choice of Skim or Low Fat Milk</i></p> </td> <td data-bbox="738 1543 771 1564"> <p>OR</p> </td> <td data-bbox="852 1627 1339 1785"> <p>Cold Cereal Bowl String Cheese Stick Graham Crackers 🍷 Whole Grain or Bagel w/ Choice of Spread Yogurt Cup Peeled Hard Boiled Egg</p> </td> </tr> </table>	<p>Balanced Choices Breakfast Cereal Combo Packs <i>Assorted Cereals Packaged w/ 🍷 Bagel Half, Jelly, Fruit & Juice</i> <i>Offered w/ Your Choice of Skim or Low Fat Milk</i></p>	<p>OR</p>	<p>Cold Cereal Bowl String Cheese Stick Graham Crackers 🍷 Whole Grain or Bagel w/ Choice of Spread Yogurt Cup Peeled Hard Boiled Egg</p>		
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🌱 Our Balanced Choices Meal suggestions are packed w/ essential nutrients and sustainable energy to get you through your day and keep you on top of your game. Look for the Balanced Choices icons and signs in the cafeteria that identify the vegetables, fruits, and low fat milk accompaniments to complete your Balanced Choices meal.

🍷 Locally Grown This month's featured local food is APPLES!
Designates menu item is made w/ whole grains. Make half of your grain choices whole!

ALL of our offerings contain ZERO grams of artificial trans fat per serving.



Why is breakfast so Important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

Source: www.mayoclinic.com

School Breakfast Information

Serving Time: (fill-in time) **Price:** \$(fill-in price) paid, \$(fill-in price) reduced*, free* (*if qualified)
No advance registration necessary! All students are welcome every day!



Breakfast Burrito
WORD SEARCH
CAN YOU FIND THE WORDS LISTED BELOW?

P	P	M	L	I	S	O	F	S	O
A	Y	E	T	S	N	G	M	H	L
R	C	Y	P	I	C	O	G	K	I
W	G	L	O	P	O	C	E	E	V
R	J	N	A	R	E	L	B	Q	E
E	S	T	H	I	R	R	U	W	S
H	A	S	L	A	S	C	S	A	Y
X	U	T	O	M	A	T	O	E	S
M	A	F	P	Q	C	I	I	D	L
W	K	E	Z	S	P	O	D	O	N

EGGS
SALSA
MUSHROOMS
OLIVES
TOMATOES
WRAP
ONIONS
PEPPERS



The School Breakfast 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.