

**Chartwells School Dining Services at Quaker Ridge Elementary
Lunch Menu April 2015
Student lunch \$3.75**

A full student lunch includes everything in box and a choice of milk or juice.
Items offered daily listed on Cafeteria Web Page.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
|  | Join Us On Wednesday To Make A Difference One Bite At A Time | 1 Vegetable and Cheese Tostados served with Cool Marinated Cucumbers Fresh Fruit Selection | 2 Breakfast Box Cooked Egg Fresh Fruit Selection | 3 School Closed Good Friday Passover Begins at Sundown |
| 6 Spring Break School Closed | 7 Spring Break School Closed | 8 Spring Break School Closed | 9 Spring Break School Closed | 10 Spring Break School Closed |
| 13 Chicken Nuggets French Fries Carrot Coins Fresh Fruit Selection | 14 Tortellini Pasta w/ Butter Mixed Vegetables Fresh Fruit Selection | 15 Bean & Cheese Quesadilla Cilantro Lime Brown Rice Cinnamon Roasted Pineapple | 16 Pizza Slice Garden Salad Fresh Fruit Selection | 17 Pancakes Chicken Sausage Fresh Berries |
| 20 Chicken Breast Patty on Bun Bed of Romaine Lettuce & Tomato Pickle Chips Fresh Fruit Selection | 21 Turkey Hot Dog Baked Vegetarian Beans Fresh Fruit Selection | 22 <u>Earth Day</u> Penne Pasta w/ Beans & Roasted Vegetable Sauce Garlic Twist Breadstick Roasted Italian Vegetables Fresh Fruit Selection | 23 French Bread Pizza Spinach & Cranberry Salad Fresh Fruit Selection | 24 Waffles Turkey Bacon Red & Green Seedless Grapes |
| 27 Chicken Fingers Curly Fries Sweet Corn Fresh Fruit Selection | 28 Bow Tie Pasta w/ Marinara Sauce Steamed Broccoli Fresh Fruit Selection | 29 Asian Vegetable Salad with Tofu & Crunchy Asian Topping served with Crackers Fresh Fruit Selection | 30 Sicilian Slice Cucumber & Tomato Salad Fresh Fruit Selection |  |

If you have a food allergy, please speak to the chef, server or manager

Earth Month - Nutrition

- What is plant protein? Think nuts, seeds, and legumes such as lentils, beans, sunflower seeds, almonds, peanuts, and soy products. Most whole grains, like quinoa and oats, are also great sources of protein.
- Think you need to consume animal foods to get your daily dose of protein? A varied diet of beans, lentils, grains, and vegetables contains all of the essential amino acids, the building blocks of protein, needed for growth.
- Soy cool! One to two servings of traditional soy based foods per week, such as tofu, soy milk, and edamame, may reduce the risk of developing certain cancers. Try a "soy switcheroo" with cubed tofu and edamame in your next stir-fry dish!

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. Our guidelines:

- Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans
- Provide more whole grain foods, such as brown rice and whole wheat
- Encourage lean proteins including vegetarian and plant based
- Reduce unhealthy fats, sodium, and sugar
- Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to www.EatLearnLive.com Take Care of all your children's lunch account needs at www.myschoolbucks.com

"This institution is an equal opportunity provider."

Questions or comments?
Please call Cook Manager - Wendy Decker 914-721-2789