

Name: _____

Class: _____

HEALTHY CHOICE MENU ELEMENTARY SCHOOL 2017/2018

ALL MEALS COME WITH SMALL DESSERT

WEEK 1

WEEK 2

WEEK 3

WEEK 4

SOUP

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<input type="checkbox"/> HEALTHY CHOICE: Meatballs & mashed potatoes w/ green beans <input type="checkbox"/> Combo#: Jan. 29	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Cheesy Pizza & Caesar salad <input type="checkbox"/> Combo#: Jan. 30	<input type="checkbox"/> HEALTHY CHOICE: Spaghetti w/ Meat Sauce, Side Salad <input type="checkbox"/> Combo#: Jan. 31	<input type="checkbox"/> HEALTHY CHOICE: Chicken Tenders, Potato Wedges, Veggies. <input type="checkbox"/> Combo#: Feb. 1	<input type="checkbox"/> HEALTHY CHOICE: ☹️ 3 pancakes, ½ slice Toupie ham and sliced cucumbers <input type="checkbox"/> Combo#: Feb. 2
WEEK 2	<input type="checkbox"/> HEALTHY CHOICE: Creamy Chicken Pasta, Caesar Salad <input type="checkbox"/> Combo#: Feb. 5	<input type="checkbox"/> HEALTHY CHOICE: Homemade Shepherd's Pie, Veggies <input type="checkbox"/> Combo#: Feb. 6	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Macaroni & Cheese, Salad <input type="checkbox"/> Combo#: Feb. 7	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Soft Beef Tacos, Rice <input type="checkbox"/> Combo#: Feb. 8	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Oven-Baked Hamburger, Potato Wedges, Veggies <input type="checkbox"/> Combo#: Feb. 9
WEEK 3	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Cheesy Pizza, Side Salad <input type="checkbox"/> Combo#: Feb. 12	<input type="checkbox"/> HEALTHY CHOICE: 3 pancakes, ½ slice Toupie ham and sliced cucumbers <input type="checkbox"/> Combo#: Feb. 13	<input type="checkbox"/> HEALTHY CHOICE: Roasted Chicken Breast, Mashed Potato, Veggies. <input type="checkbox"/> Combo#: Feb. 14	<input type="checkbox"/> HEALTHY CHOICE: S&S Meatballs, Rice and Veggies <input type="checkbox"/> Combo#: Feb. 15	<input type="checkbox"/> HEALTHY CHOICE: ☹️ 3 pancakes, ½ slice Toupie ham and sliced cucumbers <input type="checkbox"/> Combo#: Feb. 16
WEEK 4	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Chicken Burger, Potato Wedges, Veggies <input type="checkbox"/> Combo#: Feb. 19	<input type="checkbox"/> HEALTHY CHOICE: Homemade Goulash, Side Salad <input type="checkbox"/> Combo#: Feb. 20	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Cheesy Pizza, Caesar Salad <input type="checkbox"/> Combo#: Feb. 21	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Homemade Meatloaf, Mashed Potato, Veggies <input type="checkbox"/> Combo#: Feb. 22	<input type="checkbox"/> HEALTHY CHOICE: ☹️ Oven-Baked Hamburger, Potato Wedges, Veggies <input type="checkbox"/> Combo#: Feb. 23
SOUP	Every Monday Homemade Soup: Chicken veggie noodle	Every Tuesday Homemade Soup: Alphabet Soup	Every Wednesday Homemade Soup: Corn Chowder	Every Thursday Homemade Soup: Chicken Rice	Every Friday Homemade Soup: Chefs Choice

FEATURE Meal – With Small Dessert!	P/6 5.00
BOX LUNCH - With Small Dessert	P/6 5.00
Add Milk to any meal	.40
+ ADD a JUICE BOX to any Meal ▶ Hot Homemade Soup	0.75 2.75
Cold Beverages ...	
Milk 2% (250ml)	0.40
Milk – Choc. (250ml)	1.90
Juice Box (200ml, Pure 100% juice)	1.25
Bottled Water (500 ml)	1.50
Bagged Apples Slices.	1.75
Bagged Apples Slices w/ Cheese	2.50
Bagged Veggies & Dip	2.55
Bagged Veggies w/ Cheese & Crackers.	3.25
Fresh Fruit Salad Cup (5oz).	2.75
Cookie	.75
Homemade Rice Crispy Square	1.00
Fruit Muffin	1.25
Mini Rice Cakes	1.80
Baked Chips	1.80
Popcorn Bag	1.25
* Pudding Parfait 5oz	2.00
Frozen Fruit Juice Cups 4oz	1.80
Frozen Ice Push Ups	2.00
Fruit & Yogurt Parfait 5oz.	2.50
* Cheesecake Parfait 5oz.	2.50
Fresh Salads...	
Large Pasta Salad.	3.50
Large Salad (Garden / Caesar/Greek).	3.50
ChickPea and veggie Party salad NEW!	3.50
Market Fresh Whole Fruit	1.25
Fresh Sandwiches...	
Ham, Tuna Sandwich.	3.35
Chicken Caesar /Greek Wrap. NEW!	3.95
6" Pre-Made Sub.	3.95
Egg Salad Sandwich.	3.00
Grilled Cheese.	3.25
(All Sandwiches use Multi-Grain or Whole Wheat or wraps)	* Served twice a week

Sign up today at www.chadwickfoods.com

Easy on-line payments . Lunch Groupie works as a declining balance that is not meal or date specific. Manage your monthly lunch budget . Your child no longer needs to carry cash.

Prepay in multiples of \$50 . Print out confirmation email and have child bring to cafeteria. We will track your balance and notify when it is time to

COMBOS : Please indicate Combo # on each days check box above.

1. Chicken Bacon Ranch Wrap with Veggies and Dip
2. 6 " Ham and Cheese Sub with Salad
3. Home-made Texas Chili with Nacho Chips
4. Veggie Wrap with Hummus and Veggies
5. Grilled Cheese Sandwich and Soup



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