



Chartwells School Dining Services
Ann Arbor Open Middle School Lunch Menu
February 6 – March 2, 2012
Student lunch \$2.50 Reduced price \$.40 Just a milk \$.40

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, nutritious meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats.

Questions or comments?
 Please call Heather Holland RD, Food Service Director at 734-994-2265
 or email to holland@aaps.k12.mi.us

Monday	Tuesday	Wednesday	Thursday	Friday
6 Turkey Hot Dog w/ Chili on Whole Grain Bun Tator Tots Fresh Apple	7 Baked Whole Grain Chicken Nuggets Whole Grain Dinner Roll / Butter Carrot Coins Applesauce	8 Bosco Sticks With Marinara Dipping Sauce Romaine Blend Salad With Light Dressing Fresh Apple	9 Beef Teriyaki Dippers Fried Rice Seasoned Asian Vegetables Mandarin Oranges	10 Cheeseburger on Whole Grain Bun Fun Size Fritos Green Beans Mixed Fruit
13 Whole Grain Mini Corn Dog Nuggets Animal Crackers Mixed Vegetables Diced Peaches	14 Whole Grain French Toast Sticks Syrup for Dipping Scrambled Eggs Tator Tots Orange Wedges	15 Cheese or Pepperoni Pizza on Whole Grain Crust Romaine Blend Salad With Light Dressing Diced Pears	16 Nachos Tostitos Scoops Turkey Taco Meat Shredded Cheese & Salsa Rice and Beans Pineapple Pieces	17 Popcorn Chicken Pieces Mashed Potatoes/Gravy Warm Biscuit with Butter Applesauce
20	21	22	23	24
Winter Break: No School				
27 Beef Ravioli Whole Grain Garlic Breadstick Green Beans Diced Peaches	28 Whole Grain Spicy Chicken Patty on Whole Grain Bun Vegetarian Beans Steamed Sliced Carrots Mixed Fruit	29 Bosco Sticks With Marinara Dipping Sauce Mixed Vegetables Fresh Apple	1 Mini Pancakes Syrup for Dipping Turkey Sausage Links Potato Rounds Apple Juice Cup	2 Rotini with Meat Sauce Whole Grain Dinner Roll / Butter Green Beans Mandarin Oranges
Each meal includes a choice of skim white, 1% white, or skim chocolate milk. All milk is artificial hormone free.				
Our elementary schools serve an array of fruits and vegetables in addition to the featured items on the menu. Vegetable selections could include carrot sticks, celery sticks, broccoli florets, cauliflower, grape tomatoes, baby corn, romaine salad, cucumber coins, and radishes. The selection of fruits could include canned, dried (raisins, cherries) and seasonal varieties such as apples, watermelon, oranges, and grapes.				
<u>Alternate Lunches</u> <i>Offered Daily</i>				
<u><i>Mondays:</i></u> Cold Pizza Fun Lunch Mini Bagels, Pizza Sauce, Shredded Cheese, Vegetable, Fruit, & Milk	<u><i>Tuesdays:</i></u> Nachos with Cheese Vegetable, Fruit, & Milk	<u><i>Wednesdays:</i></u> Cereal Fun Lunch Reduced Sugar Cereal with Hard Boiled Egg, Vegetable, 100% Fruit Juice, & Milk	<u><i>Thursdays:</i></u> Three Cheese Wrap Vegetable, Fruit, & Milk	<u><i>Fridays:</i></u> Bagel and Yogurt Fun Lunch Mini Bagels, Light Cream Cheese, Yogurt Cup, String Cheese, Vegetable, Fruit, & Milk



Go to MyPyramid.gov for online personal wellness resources for you and your family.