



what's for breakfast?

Free Breakfast to All Students

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and a variety of milk choices.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Cold</u>				
Scooby-Doo Graham Stix	Bug Bites Graham Crackers	WG Blueberry Muffin	Cinnamon Goldfish Grahams	Scooby-Doo Graham Stix
Cereal Variety	Cereal Variety	Cereal Variety	Cereal Variety	Cereal Variety
Cereal Bar Variety	Cereal Bar Variety	Cereal Bar Variety	Cereal Bar Variety	Cereal Bar Variety
Nutra Grain Bar Variety	Nutra Grain Bar Variety	Nutra Grain Bar Variety	Nutra Grain Bar Variety	Nutra Grain Bar Variety
Cheese Stick	Cheese Stick	Cheese Stick	Cheese Stick	Cheese Stick
<u>Hot</u>				
Pancakes		CC French Toast		

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

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