

**Westwood Community Schools  
Daly Preschool  
Lunch Menu November 28<sup>th</sup> to December 23<sup>rd</sup>  
Student lunch \$0.00**

**COMING SOON: Chartwells Food Bar. Daily food offerings include: romaine salad with assorted toppings, fresh and canned fruits, a variety of fresh vegetables (carrots, celery, broccoli, etc.), and composed salads. Will be included with all meals!**

Questions or comments?  
Please call Pamela Heintz, Food Service Director at 313-565-6631

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Nov 28 Chicken and Cheese Quesadilla w/Salsa Fiesta Rice and Beans Fresh Locally Grown Apple Choice of Fat Free Milk	Nov 29 WG Chicken Patty on WG Bun Oven Baked Sweet Potato Fries Chilled Peaches Choice of Fat Free Milk	Nov 30 BBQ Riblet Baked Beans Chilled Pineapple WG Dinner Roll Choice of Fat Free Milk	Dec 1 Baked Ziti w/Cheese Garlic Toast Celery Sticks Chilled Pears Choice of Fat Free Milk	2
5 Beef Ravioli Seasoned Green beans WG Dinner Roll Mandarin Oranges Choice of Fat Free Milk	6 Sweet and Sour Popcorn Chicken Brown Rice Seasoned Carrot Coins Chilled Pears Choice of Fat Free Milk	7 WG Macho Nachos w/Cheese Sauce Mexican Corn Sliced Apples Choice of Fat Free Milk	8 Pepperoni Pizza Tossed Romaine Salad Light Dressing Lunch Bunch Grapes Choice of Fat Free Milk	9
12 No Classes	13 Cheesy Tomato Rotini Seasoned Carrot Coins Chilled Pears Choice of Fat Free Milk	14 WG Chicken Dippers Baked Beans Lunch Bunch Grapes Choice of Fat Free Milk	15 Peperoni Pizza Celery Sticks Mandarin Oranges Choice of Fat Free Milk	16
19 Baked Popcorn Chicken Mashed Potatoes Chicken Gravy Fresh Orange Choice of Fat Free Milk	20 WG Chicken Corn Dogs Seasoned Carrot Coins Chilled Pears Choice of Fat Free Milk	21 Macaroni and Cheese Seasoned Green Beans Fresh Banana Choice of Fat Free Milk	22 Chicken Fries Sweet Potato Fries WG Dinner Roll Fresh Locally Grown Apple Choice of Fat Free Milk	23
			Winter Break December 26 <sup>th</sup> – January 6 <sup>th</sup> 2012  Classes resume January 9 <sup>th</sup> 2012	
<u>Alternate Lunches</u>				
<i>Mondays:</i> WW Ham & Cheese Roll-up Celery Sticks Fruit Choice of Fat Free Milk	<i>Tuesdays:</i> WW Chicken Ranch Wrap Carrot Sticks Fruit Choice of Fat Free Milk	<i>Wednesdays:</i> Yogurt Fun Lunch w/ Ham, Cheese, & Crackers Fruit Choice of Fat Free Milk	<i>Thursdays:</i> Junior Turkey Sub Carrot Sticks Fruit Choice of Fat Free Milk	<i>Fridays:</i> Pizza Bagel Fun Lunch w/ WW Bagel, Sauce & Cheese Fruit Choice of Fat Free Milk



Go to [ChooseMyPlate.gov/](http://ChooseMyPlate.gov/) for online personal wellness resources for you and your family.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# Westwood Community Schools Elementary Breakfast Menu

Research shows that students who eat breakfast daily have better attendance, achieve higher test scores, and have fewer behavioral problems in the classroom. All students receive free breakfast in the classroom. What a great way to start off your child's day!!!

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 28 Cheerios WG Goldfish Graham Cracker Sliced Peaches Choice of Fat Free Milk	Nov 29 WG Blueberry Loaf Lowfat String Cheese Grape Juice Choice of Fat Free Milk	Nov 30 WW Bagel w/ Lowfat Cream Cheese Fresh Apple Slices Choice of Fat Free Milk	Dec 1 Chocolate Frosted Mini Wheat's Lowfat String Cheese Orange Slices Choice of Fat Free Milk	Dec 2
5 WG Cream Cheese Bagel Stick Apple Juice Choice of Fat Free Milk	6 WG Cinnamon Tst Breakfast Bar WG Goldfish Graham Cracker Mixed Fruit Choice of Fat Free Milk	7 WG Cinnamon Breakfast Bar Orange Slices Choice of Fat Free Milk	8 WG Muffin Lowfat String cheese Banana Choice of Fat Free Milk	9
12 No classes	13 WG Blueberry Loaf Lowfat String Cheese Sliced Peaches Choice of Fat Free Milk	14 WW Bagel w/ Lowfat Cream Cheese Apple juice Choice of Fat Free Milk	15 Apple Jack's Cereal Lowfat String cheese Mixed Fruit Choice of Fat Free Milk	16
19 Cheerios WG Goldfish Graham Orange Slices Choice of Fat Free Milk	20 WG Cinnamon Tst Breakfast Bar Goldfish Graham Cracker Fresh Apple Slices Choice of Fat Free Milk	21 WG Chocolate Frosted Mini Wheats Chilled Pears Choice of Fat Free Milk	22 WG Muffin Lowfat String Cheese Grape Juice Choice of Fat Free Milk	23
			Winter Break December 26 <sup>th</sup> – January 6 <sup>th</sup> 2012  Classes resume January 9 <sup>th</sup> 2012	

## School Foodservice Information

### *Did you know?*

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

#### **Our new 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
- Include a la carte snacks and beverages that meet our strict Balanced Choices® nutritional parameters
- 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](http://www.EatLearnLive.com)