

Westwood Community Schools
Thorne Preschool
Lunch Menu November 28th to December 23rd
Student lunch \$0.00

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---------------|
| 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 | 20 | 21 | 22 | 23 |
| Classes resume January 9 th 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 |

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

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 | 20 | 21 | 22 | 23 |
| Classes resume January 9 th 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