



## Moline Elementary SEPTEMBER 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 <i>Labor Day</i> <i>No School</i>	5 <b>Nat'l Cheese Pizza Day!</b> <b>Homemade Cheese Pizza</b> <i>Seasoned Mixed Vegetables</i> Choice of 1% or Skim Milk	6 <b>Popcorn Chicken</b> <b>Dinner Roll</b> <i>Mashed Potatoes w/Gravy</i> Choice of 1% or Skim Milk	7 <b>Grilled Ham &amp; Cheese</b> <b>Sandwich</b> <i>Seasoned Peas</i> Choice of 1% or Skim Milk	8 <b>Pepperoni &amp; Mozzarella</b> <b>Croissant</b> <i>Roasted Carrot Fries</i> Choice of 1% or Skim Milk
11 <b>Macaroni &amp; Cheese</b> <b>w/Chicken Tenders</b> <i>Steamed Green Beans</i> Choice of 1% or Skim Milk	12 <b>Taco Tuesday!</b> <b>Beef Walking Taco w/Scoops</b> <i>Seasoned Corn</i> Choice of 1% or Skim Milk	13 <b>Lucky Tray Day!</b> <b>Chicken Patty on Bun</b> <i>Homemade Baked Beans</i> Choice of 1% or Skim Milk	14 <b>Try it Thursday!</b> <b>Three Cheese Lasagna</b> <i>Cinnamon Carrots</i> Choice of 1% or Skim Milk	15 <b>Homemade Cheese Pizza</b> <i>Tater Tots</i> Choice of 1% or Skim Milk
18 <b>Nat'l Cheeseburger Day!</b> <b>Sweet &amp; Sour Chicken</b> <b>w/Brown Rice</b> <i>Herb Seasoned Broccoli &amp; Cauliflower</i> Choice of 1% or Skim Milk	19 <b>Cheese Quesadilla</b> <i>Seasoned Black Beans</i> Choice of 1% or Skim Milk	20 <b>Nat'l Pepp. Pizza Day!</b> <b>Homemade Pepperoni</b> <b>Pizza</b> <i>Steamed Mixed Vegetables</i> Choice of 1% or Skim Milk	21 <b>Corn Dog</b> <i>Fresh Roma Herb Seasoned Potato Wedges</i> Choice of 1% or Skim Milk	22 <b>Chicken &amp; Cheese Pocket</b> <i>Seasoned Green Beans</i> Choice of 1% or Skim Milk
25 <b>Spaghetti w/Meatballs</b> <i>Seasoned Peas &amp; Carrots</i> Choice of 1% or Skim Milk	26 <b>Taco Tuesday!</b> <b>Chicken &amp; Cheese Soft Taco</b> <i>Seasoned Vegetarian Refried Beans</i> Choice of 1% or Skim Milk	27 <b>Lucky Tray Day!</b> <b>Cinnamon Rolls w/</b> <b>Egg Omelet</b> <i>Hashbrowns</i> Choice of 1% or Skim Milk	28 <b>Try it Thursday!</b> <b>Sloppy Joe on Bun</b> <i>Corn on the Cob</i> Choice of 1% or Skim Milk	29 <b>Homemade Pepperoni</b> <b>Pizza</b> <i>Sweet Potato Puffs</i> Choice of 1% or Skim Milk
DAILY ALTERNATES				
BYO Cheeseburger on Bun	Bosco Sticks	Pancakes & Sausage	Chicken Nuggets with Dinner Roll	Hot Dog on Bun
Chocolate Chip Muffin & Goldfish Fun Lunch	Pretzel & Sunbutter Fun Lunch	Apple Cinnamon Smoothie w/Cinnamon Breadstick	Deli Slider Fun Lunch	Cereal, Yogurt & String Cheese Fun Lunch
PB&J Sandwich on WW	PB&J Sandwich on WW	PB&J Sandwich on WW	PB&J Sandwich on WW	PB&J Sandwich on WW
Choose With Any Meal!				
Fresh Broccoli	Fresh Celery Sticks	Caesar Salad	Fresh Cherry Tomatoes	Sugar Snap Peas
Hearty Wild Green Salad	Fresh Carrots	Homemade Baked Beans	Fresh Cucumbers	Hearty Wild Green Salad
Mandarin Oranges	Chilled Peaches	Rosy Applesauce	Chilled Pineapple Tidbits	Chilled Pears
Fresh Apple	Fresh Grapes	Fresh Watermelon	Fresh Banana	Fresh Orange Wedges

A

B

C

D

**School Foodservice Information:**

Lunch Price: \$2.60 paid, \$.40 reduced, free (if qualified)

No advance registration necessary! All students are welcome every day!

**Sarah Hawkins, Director of Dining Services**

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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](http://www.EatLearnLive.com)

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**ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. \*Milk choices include 1% white, skim strawberry and skim chocolate.**