




May-18

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider"</p> <p><u>You can Prepay for meals:</u> Cashier at School or go to: Payfort.net found on the district web page under cafeteria</p>	<p>A full student lunch includes a choice of entrée supplying protein & grain, vegetable, fruit and a choice of milk.</p>	<p>Choose with Any Meal!</p> <p><i>Monday - Carrots</i></p> <p><i>Tuesday - Broccoli</i></p> <p><i>Wednesday - Celery Sticks</i></p> <p><i>Thursday - Beans</i></p> <p><i>Friday - Corn</i></p>	<p>East Windsor Regional SD Elementary Lunch Menu Cynthia Hill Director of Dining Services 609-443-7753</p> <p>Looking for Work - Call!</p>	<p>May 2018</p> <p>Student Lunch \$2.40 Reduced Lunch \$.30 Student Breakfast - \$1.10 Teacher Lunch - \$3.75 Teacher Breakfast - \$2.00</p>
<p>Week 1</p> <p>Introducing 'Try It Tuesdays'</p> <p><i>Look for NEW items on the menu on Tuesdays and expand your pallet!</i></p>	<p>5/1</p> <p>Crispy Chicken Patty on a WG Bun</p> <p>WG Veggie Pasta Salad</p> <p>Choice of Milk</p> <p>Choice of Fruit</p>	<p>5/2</p> <p>Hot Ham, Egg & Cheese on a WG Bagel</p> <p>Fresh Broccoli</p> <p>Choice of Milk</p> <p>Choice of Fruit</p>	<p>Celebrate Cinco de Mayo'3</p> <p>Turkey Nacho's w/ Salsa</p> <p>Turkey Taco Meat & Cheese</p> <p>Lettuce, Tomato & Salsa</p> <p>Choice of Milk</p> <p>Choice of Fruit</p>	<p>5/4</p> <p>Cheese Pizza</p> <p>Spinach & Mixed Green Salad</p> <p>Steamed Broccoli</p> <p>Choice of Fruit</p>
<p>5/7</p> <p>French Toast</p> <p>Tator Tots</p> <p>Egg Patty</p> <p>Orange Juice</p> <p>Choice of Fruit & Milk</p>	<p>5/8</p> <p>Cheesy Baked Ziti</p> <p>WG Dinner Roll</p> <p>Steamed Broccoli</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>5/9</p> <p>Turkey Taco Pasta Salad</p> <p>Herb Seasoned Rotini</p> <p>Lettuce, Tomato, Cheese & Salsa</p> <p>Choice of Fruit & Milk</p>	<p>5/10</p> <p>Cheeseburger on WG bun</p> <p>Oven Baked fries</p> <p>Veggie baked beans</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>5/11</p> <p>Big Daddy Pizza</p> <p>Spinach & Mixed Green Salad</p> <p>Steamed Corn</p> <p>Choice of Fruit</p>
<p>5/14</p> <p>Blueberry Pancakes</p> <p>Sausage Patty</p> <p>Egg Patty</p> <p>Tater Tots</p> <p>Choice of Fruit & Milk</p>	<p>Try It Tuesday' 5/15</p> <p>Loaded Skins Bar</p> <p>Turkey Taco meat</p> <p>Cheese & Lettuce</p> <p>Seasoned Beets</p> <p>Biscuit</p> <p>Choice of Fruit & Milk</p>	<p>5/16</p> <p>Strawberry & Vanilla</p> <p>Yogurt Parfait</p> <p>Granola, Cereal & Fresh Fruit</p> <p>Choice of Milk</p>	<p>5/17</p> <p>Popcorn Chicken</p> <p>Mashed Potato Bowl</p> <p>Steamed Corn</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>5/18</p> <p>Cheese Pizza</p> <p>Spinach & Mixed Green Salad</p> <p>Steamed Broccoli</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>5/21</p> <p>Chicken Nuggets</p> <p>Oven Fries</p> <p>Mixed Vegetables</p> <p>Special Dipping Sauce</p> <p>Choice of Fruit & Milk</p>	<p>5/22</p> <p>Toasted Cheese on a WG Bread</p> <p>w/ Tomato Soup</p> <p>Fresh Side Salad</p> <p>Choice of Fruit & Milk</p>	<p>5/23</p> <p>Open Faced Turkey</p> <p>Sandwich w/ Gravy</p> <p>Mashed Potatoes</p> <p>Choice of Milk</p> <p>Choice of Fruit</p>	<p>Take Me Out to the Ball Game Win An Prize 5/24</p> <p>Hot Dog on a WG Bun</p> <p>Topped with Chili & Cheese</p> <p>Oven Fries</p> <p>Choice of Fruit & Milk</p>	<p>5/26</p> <p>Big Daddy Pizza</p> <p>Spinach & Mixed Green Salad</p> <p>Steamed Corn</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>5/28</p> <p>HAPPY MEMORIAL DAY!!!</p> <p>SCHOOL'S CLOSED</p>	<p>5/29</p> <p>WG Spaghetti w/ Beef Meatballs</p> <p>Seasoned Carrots</p> <p>Choice of Milk & Fruit</p>	<p>5/30</p> <p>Popcorn Chicken Salad</p> <p>Topping Bar w/ Peppers, Cucumbers, Tomatoes,</p> <p>Choice of Milk & Fruit</p>	<p>5/31</p> <p>BBQ Chicken Patty on a WG Bun</p> <p>Seasoned Broccoli</p> <p>Choice of Milk & Fruit</p>	
<p>Offered Daily</p>	<p>Monday to Friday</p>	<p>Monday to Friday</p>	<p>Salads Daily</p>	<p>Offered Daily</p>
<p><u>Weekly Cold Fun Lunch</u></p> <p>Week 1: Nacho</p> <p>Week 2: Bagel</p> <p>Fun Lunches Rotate Weekly</p>	<p>Week 1- Turkey Cheese Sub</p> <p>Week 2- Ham & Cheese Sub</p> <p>Fun Lunches Rotate Weekly</p>		<p>Garden Salad With Cheese w/ WG Biscuit</p> <p>WG Popcorn Chicken Salad w/WG Biscuit</p>	<p>Bagel With Cream Ch & sliced Amer cheese</p> <p>SunButter and Jelly Sanwich on WG Bread</p>

May 2018

Dear Parents,

The way you access school menus is changing, and we are sure you will love it! EWRS, in partnership with Chartwells K12, is now using Nutrislice to publish the school menus to a new interactive website and a free smartphone app! Now you can access your menus anywhere, anytime! Just visit <http://eastwindsorregional.nutrislice.com/>.

We at Chartwells believe that all students should have access to wholesome and appetizing food, whether it is a full meal or a quick bite. Our new On the Go program embraces the new USDA a la carte nutrition standards and offers delicious food and beverage selections for hungry students that will fuel their physical and academic pursuits. Our fresh food and beverage collection, developed by our skilled team of chefs and dietitians, uses quality ingredients and are served in appropriate portions. Fresh new recipes have been piloted and tested in schools with positive student feedback.

As always, our objective is to work together with the school community to offer the best possible foods to our students that they will enjoy every day. If you have any questions regarding this new program, please feel free to contact me at 609-443-7753.

Thank you,
Cynthia Hill
Foodservice Director
Chartwells School Dining Services

A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, one (1) fruit side dish, and a choice of milk.

Milk choices include 1% white, fat free chocolate, white and strawberry.

Price: \$2.40 paid, \$.40 reduced*, free* (*if qualified), Adult Lunch - \$3.75

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

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326- W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

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

Food Focus for the Month of May- *Berries!* Enjoy all types of berries like Strawberries, Raspberries, Blueberries, Black Berries, and more!

Health Benefits and Tips

- * Mix and match your colors - eat a variety of colorful fruits and vegetables every week
- * Do you know why it's important to eat more colorful vegetables? The more color a vegetable has - the more vitamins and minerals it has.
- * These vegetables get their color from beta carotene, an antioxidant that the body converts to Vitamin A. Vitamin A helps our vision, protects us from infections, and helps keep skin healthy.

To Learn more about Chartwells: go to www.EatLearnLive.com

Try it Tuesdays! Look out for a new vegetable to try on one Tuesday throughout the month!

School Breakfast is served daily for all students starting before school

Assorted Whole Grain Cereal Bowls - With Gold Fish Cracker

Whole Grain Bagel with Cream Cheese or Plain

Whole Grain Blueberry Muffin

Whole Grain Chocolate Chip Muffin

Chilled Orange or Apple Juice

Choice of Milk

Price: \$2.40 paid, \$.40 reduced*, free* (*if qualified), Adult Lunch - \$3.75

2018 - 2019 Snack Prices

Reduced Fat Whole Grain Cookies - \$.55

Bottled Water - \$1.00

Entrees - \$2.40

Low Fat Milk (all flavors) \$.65

100% Capri Sun Juice - \$.85

Side of Fruit/Juice or Vegetables - \$.65

Reduced Fat Ice Cream - \$.85

Assorted Reduced Fat Baked Snacks - \$.85