



**Chartwells School Dining Services at Gull Lake Community Schools**  
**Lunch Menu November 16 – December 18, 2015**  
**Student Lunch \$2.35 Reduced Price \$0.40**

**Questions or Comments?**  
 Please contact Diane Northrup, Food Service Director, at 488-5020 ext. 1594

**A cold vegetable and fruit bar is available daily** on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. See back of menu for this month's featured selections. We also offer at least one hot vegetable daily on our serving line.

A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable side dishes, two (2) fruit side dish, and milk. Milk choices include skim white, 1% white or skim chocolate.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Whole Grain Pancakes Sausage Patties Warm Baked Apple Slices Pancake Syrup Vegetarian Baked Beans	Chicken and Cheese Quesadilla with Chunky Mild Salsa Tender Green Beans	Whole Grain Toasted Cheese Sandwich Campbell's Tomato Soup Mexican Style Refried Beans	Whole Grain Pepperoni Pizza Seasoned Carrots	Crispy Chicken Mozzarella Salad with Whole Grain Dinner Roll Steamed Golden Corn
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Savory Salisbury Steak Brown Gravy Whole Grain Dinner Roll Mashed Potatoes	Crispy Chicken Patty Sandwich Tender Green Beans	No School Today!!!	Happy Thanksgiving!!!	No School Today!!!
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Fun Lunch:Cereal,Yogurt, String Cheese Cinnamon Goldfish Cracker Tater Tots Vegetarian Baked Beans	Perfect Sloppy Joe on a Whole Grain Bun Tender Green Beans	Beef Hot Dog on a Whole Grain Bun Mexican Style Refried Beans	1/2 Day of School	1/2 Day of School
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Classic Italian Meat Sauce & Whole Grain Spaghetti Toasted Whole Grain Garlic Toast Vegetarian Baked Beans	Mini Chicken Corn Dogs Tender Green Beans	Trout Nuggets Whole Grain Dinner Roll Mexican Style Refried Beans	Classic Cheese Pizza Seasoned Carrots	BBQ Rib-B-Q on Whole Grain Bun Steamed Golden Corn
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Classic American Cheeseburger Vegetarian Baked Beans	Sweet and Sour Chicken Brown Rice Green Beans	Turkey Corn Dog Mexican Style Refried Beans	Whole Grain Pepperoni Pizza Seasoned Carrots	Fun Lunch:Cereal,Yogurt, String Cheese Cinnamon Goldfish Cracker Tater Tots Vegetarian Baked Beans
<b>Choice B and C Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk) :</b>				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
B-Oven Baked Popcorn Chicken with Whole Grain Dinner Roll	B-Bosco Sticks & Marinara Sauce	B-Yogurt Parfait with Whole Grain Dinner Roll	B-Whole Grain Macaroni & Cheese	B-Chicken Nuggets with Whole Grain Dinner Roll
C-Turkey Ham & Cheese on a Whole Grain bun	C-Deli Chef Salad with Whole Grain Dinner Roll	C-Beef Macho Nachos with Fiesta Brown Rice	C-Hummus & Veggies with Crackers	C-Broccoli and Cheese Baked Potato with Whole Grain Dinner Roll

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



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