



# SIMPLY GOOD

## Chartwells School Dining Services at Murray Lake Elementary

### Lunch Menu June 6th-10th, 2016

#### Student Lunch \$2.30 Reduced \$0.40

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

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Beef & Cheese Nacho	Cinnamon Glazed French Toast	Pizza	1/2 Day No Lunch Service	1/2 Day No Lunch Service
<u>Fruit &amp; Veggie Bar</u>	<u>Fruit &amp; Veggie Bar</u>	<u>Fruit &amp; Veggie Bar</u>	<b>HAVE A GREAT SUMMER!!!!</b>	
Assorted Fruits & Veggies	Assorted Fruits & Veggies	Assorted Fruits & Veggies		
<i><b>Alternate Entrees</b> (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk)</i>				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
PB & J Uncrustable with Cheese Stick	Yogurt Cup w/ Reduced Sugar Cereal & Goldfish Crackers	PB & J Uncrustable with Cheese Stick		
Corn Dog	Bosco Sticks with Dipping Sauce	Ham and Cheese Sub Sandwich		

## Lowell Elementary (Alto, CC and Murray Lake) Breakfast Menu

### Student Breakfast \$1.10 Reduced price \$.30 All meals are available to ALL students

Monday	Tuesday	Wednesday	Thursday	Friday
Apple Strudel	Egg & Cheese on WG Croissant	Cinnamon Rolls	Breakfast Pizza	Egg, Cheese & Sausage on English Muffin
Served with: Fruit	Served with: Fruit	Served with: Fruit	Served with: Fruit	Served with: Fruit
Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**Other Daily Options Include:**

Assorted Low Sugar Cereals served with String Cheese, Yogurt or Graham Cracker

WG Bagel with Cream Cheese

Breakfast Burrito

Cinnamon Pretzel Stick

Soft WG Apple Cinnamon or Banana Chunk Breakfast Bar

All breakfast meals include a fruit, juice and choice of milk (skim chocolate, skim white or 1% white)

**DID YOU KNOW??** If your student is currently receiving free or reduced lunches they are also entitled to