

SIMPLY GOOD



Chartwells
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Egg & Milk Free Breakfast Menu

Spring 2012

All breakfasts are FREE. Full student breakfast includes choice of entrée (consisting of a meat/meat alternate and grain/bread serving), 1 fruit side dish, 1 serving of 100% fruit juice, & choice of 1% or skim white milk.

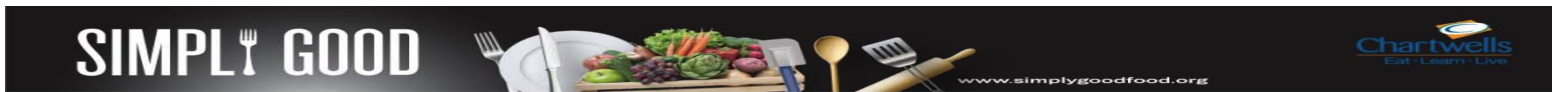
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl w/ All Natural Yogurt Cup Daily Fruit Daily Fruit Juice Vanilla Soymilk	Whole Grain Berry Berry Kix Cereal Bowl All Natural Yogurt Cup Daily Fruit Daily Fruit Juice Vanilla Soymilk	Chicken Sausage on a Whole Wheat Biscuit Daily Fruit Daily Fruit Juice Vanilla Soymilk	Multigrain Cheerios Cereal Bowl All Natural Yogurt Cup Daily Fruit Daily Fruit Juice Vanilla Soymilk	Toasty Turkey Ham & Cheddar Sandwich on Whole Wheat Bagel Daily Fruit Daily Fruit Juice Vanilla Soymilk
Toasty Turkey Bacon & Cheese on a Whole Wheat English Muffin Daily Fruit Daily Fruit Juice Vanilla Soymilk	Whole Grain Cinnamon Toast Crunch Cereal Bowl All Natural Yogurt Cut Daily Fruit Daily Fruit Juice Vanilla Soymilk	Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl w/ All Natural Yogurt Cup Daily Fruit Daily Fruit Juice Vanilla Soymilk	Whole Wheat Bagel with Reduced Fat Cream Cheese Spread All Natural Yogurt Cup Daily Fruit Daily Fruit Juice Vanilla Soymilk	Multigrain Cheerios Cereal Bowl All Natural Yogurt Cup Daily Fruit Daily Fruit Juice Vanilla Soymilk

It's Breakfast

Prepare the kitchen.

Designate an area in the kitchen where allergy-free meals can be prepared. This area should be a "safe zone" and kept free of allergen foods.

Cross Contamination occurs when a safe food comes into contact with a food allergen. For those with a severe allergy, eating even the slightest trace of a food allergen can cause a potentially life threatening or fatal reaction. Cross contamination can occur on any surface: spatulas, cutting board, trays, pans, gloves, etc. Kitchen equipment should be cleaned and sanitized prior to preparation.



Egg & Milk Free Lunch Menu

The cost of a paid student meal is \$1.35. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Charbroiled Beef and Cheddar Cheeseburger (or Plain Burger) on a Whole Wheat Roll w/ Romaine, Tomato, Ketchup & Mustard for sandwich topping	Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Whole Wheat Dinner Roll	Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce	All Natural Chicken Nuggets w/ BBQ dipping sauce Whole Wheat Dinner Roll	Cajun Seasoned Tilapia Brown Rice Pilaf
Daily Vegetable Daily Fruit Vanilla Soymilk	Daily Vegetable Daily Fruit Vanilla Soymilk	Daily Vegetable Daily Fruit Vanilla Soymilk	Daily Vegetable Daily Fruit Vanilla Soymilk	Daily Vegetable Daily Fruit Vanilla Soymilk
All Natural Chicken Hot Dog on a Whole Wheat Bun Honey Mustard Sauce	Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine NO Tarter Sauce	Teriyaki Chicken & Broccoli Stir-Fry Brown Rice w/ Veggies	Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato &	Fresh-Baked Homemade Cheese Pizza on Whole Wheat Crust
Daily Fruit Daily Vegetable Vanilla Soymilk	Daily Fruit Daily Vegetable Vanilla Soymilk	Daily Fruit Daily Vegetable Vanilla Soymilk	Daily Fruit Daily Vegetable Vanilla Soymilk	Daily Fruit Daily Vegetable Vanilla Soymilk

Alternate Options

If a substitution must be made to the lunch menu, the following are acceptable options:

Hot Entree Alternates		Grain Alternates
Chicken Florentine Flatbread	Lemon Pepper Panko	Santa Fe Brown Rice
Southwest Turkey Burger	Spicy Asian Glazed Chicken	Broccoli Cheddar Brown Rice
Fish Tacos	BBQ Roasted Bone-In Chicken	Whole Wheat Rotini
Beef Tomato Florentine Pasta	Rotisserie Style Chicken	Whole Wheat Lo Mein Noodles
Shredded BBQ beef Sandwich	Cheddar Cheeseburger on Whole Wheat Bun	Whole Wheat Spaghetti
Italian Meat Sauce w/ Parmesan Cheese over Whole Wheat Spaghetti	Whole Grain Southwest Cheese Quesadilla	Whole Grain Tortilla Shells

Vegetables All vegetables allowed *except* Confetti Coleslaw

Condiments

NOT ALLOWED: Chipotle Mayo, Basil Pesto Mayo, Tarter Sauce, Garlic Aioli