

LAKE FOREST W.T. CHIPMAN MIDDLE SCHOOL

MEAL PRICES:

~ Optional Selection

JANUARY, 2018

STUDENTS:
NO COST

ADULTS:
Breakfast: \$2.35
Lunch: \$3.55

Student account balances: Sign up on the website MYSCHOOLBUCKS.COM and you can view balances and account activity at any time or get low-balance emails for Free! There is a \$1.95 fee if you use the website to put money into your child(ren)'s account(s).

AVAILABLE DAILY ON HOT SANDWICH LINE: HAMBURGER ON BUN, VARIETY OF HOT SANDWICHES, WITH SIDE CHOICES AND MILK.


AVAILABLE DAILY ON DELI LINE: VARIETY OF SUBS, VARIETY OF WRAPS, CHEF SALAD WITH CRACKERS, TOSSED SALAD WITH CRACKERS, CHICKEN SALAD WITH CRACKERS (TUES. & THURS.), TUNA SALAD WITH CRACKERS (WED. & FRI.), WITH SIDE CHOICES AND MILK.



Healthy Habits for Mind, Body, Soul and Spirit

Eat Real Food
Prioritize **Sleep**
Learn Something New
Focus on the Good & Positive
Show **Love** to Others & Self

Move Your Body
Play Just for Fun
Avoid the Negative
Retreat to Cal the Mind & Body

Students may take all 5 components but must take 3 to complete the meal. One must be a fruit or vegetable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><i>No School</i></p> 	<p>2</p> <p>Chicken Tenders with Whole Wheat Roll ~ Low Fat Dip</p> <p>ALLOWED BOTH: ½ cup Mashed Potatoes ~ Low Fat Gravy ½ cup Vegetable Medley Select One: ½ cup Peaches or Apple</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>3</p> <p>Nachos with Ground Beef and Cheese Sauce ½ cup Seasoned Rice</p> <p>ALLOWED BOTH: ½ cup Carrots ½ cup Green Beans Select One: ½ cup Pears or Plum</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>4</p> <p>Shrimp & Fish with Whole Wheat Roll</p> <p>ALLOWED BOTH: ½ cup Broccoli 1 cup Tossed Salad with Low Fat Dressing Select One: ½ cup Pineapple or Strawberry Cup</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>5</p> <p>Chicken Cheese Steak on Whole Wheat Roll</p> <p>½ cup French Fries ½ cup Carrots Select One: ½ cup Mixed Fruit or Apple</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>8</p> <p>Meatball Sub on Whole Wheat Roll</p> <p>ALLOWED BOTH: ½ cup Smiley Fries ½ cup Cole Slaw Select One: ½ cup Applesauce or Orange</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>9</p> <p>2 Cheese Sticks with Pizza Sauce</p> <p>1 cup Tossed Salad with Low Fat Dressing ½ cup Broccoli ~ Low Fat Dip Select One: ½ cup Mixed Fruit or Apple</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>10</p> <p>Chicken Fajita</p> <p>½ cup Steamed Carrots ½ cup Spicy Fries Select One: ½ cup Pears or Plum</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>11</p> <p>Whole Wheat Spaghetti with Meat Sauce</p> <p>ALLOWED BOTH: 1 cup Tossed Salad with Low Fat Dressing ½ cup Green Beans Select One: ½ cup Peaches or Apple</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>12</p> <p>Turkey or Ham Sub On Whole Wheat Roll with Tomato & Lettuce</p> <p>ALLOWED THREE: 1 cup Tomato Soup with Whole Wheat Crackers 2/3 cup Baked Beans Select One: ½ cup Orange Smiles or Strawberry Cup</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>

<p>15</p> <p><i>No School</i></p> 	<p>16</p> <p><i>No School</i></p> 	<p>17</p> <p>Nachos with Ground Beef and Cheese Sauce ½ cup Seasoned Rice</p> <p>ALLOWED BOTH: ½ cup Beets ½ cup Green Beans Select One: ½ cup Pears or Apple</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>18</p> <p>Hamburger on Whole Wheat Bun with Tomato & Lettuce</p> <p>ALLOWED BOTH: 2/3 cup Baked Beans 1 cup Tossed Salad with Low Fat Dressing Select One: ½ cup Pineapple or Plum SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>19</p> <p>Cheese Pizza with Whole Wheat Crust</p> <p>½ cup California Veg Blend ½ cup Carrots Select One: ½ cup Mixed Fruit or Orange</p> <p>SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>22</p> <p>Chicken Quesadilla ~ Sauce</p> <p>ALLOWED BOTH: ½ cup Green Beans ½ cup Carrot Bites with Low Fat Dressing Select One: ½ cup Mandarin Oranges or Apple SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>23</p> <p>Cheese Steak on Whole Wheat Roll with Tomato & Lettuce</p> <p>½ cup Kale ½ cup Potato Rounds Select One: ½ cup Applesauce or Plum SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>24</p> <p>Oriental Chicken with Whole Wheat Roll ½ cup Steamed Rice ~ Low Fat Gravy</p> <p>ALLOWED BOTH: ½ cup Oriental Vegetables ½ cup fresh Broccoli Select One: 1 Bag Apple Slices or Strawberry Cup SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>25</p> <p>Whole Wheat Soft Taco with Cheese, Tomato, Lettuce</p> <p>½ cup Corn 2/3 cup Pinto Beans Select One: ½ cup Pineapple or Apple SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>26</p> <p>Grilled Cheese Sandwich on Whole Wheat Bread</p> <p>½ cup California Veg Blend 8 Oz. Tomato Soup with Whole Wheat Crackers Select One: ½ cup Pears or Orange SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>
<p>29</p> <p>Hamburger on Whole Wheat Bun with Tomato & Lettuce</p> <p>½ cup Potato Wedges or Tots 2/3 cup Baked Beans Select One: ½ cup Applesauce or Orange SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>30</p> <p>Chicken Tenders with Whole Wheat Roll ~ Low Fat Dip</p> <p>ALLOWED BOTH: ½ cup Mashed Potatoes ~ Low Fat Gravy ½ cup Vegetable Medley Select One: ½ cup Peaches or Apple SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>	<p>31</p> <p>Nachos with Ground Beef and Cheese Sauce ½ cup Seasoned Rice</p> <p>ALLOWED BOTH: ½ cup Carrots ½ cup Green Beans Select One: ½ cup Pears or Plum SELECT ONE: Fat Free Milk: White, Chocolate, or Strawberry</p>		

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