

Chartwells School Dining Services
Woodland Hills Area Elementary Lunch Menu
June 2010

Student lunch \$1.80 Reduced price \$.40







Questions or comments?
 Please call the Food Service Office at 412-244-1100 x5170


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 ACCOUNTS FROM HOME.
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Secure Deposits. Interactive Menus. Nutrition Information.

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY MEMORIAL DAY	1 Chicken Rings w/Whole Wheat Dinner Roll Seasoned Green Beans Chilled Applesauce Choice of Low-Fat Milk	2 Italian Hoagie w/Lettuce and Tomato Seasoned Corn Fresh Orange Wedges Choice of Low-Fat Milk	3 COOK'S CHOICE  Lunch will be announced at end of previous week	4 COOK'S CHOICE  Lunch will be announced at end of previous week
7  Balanced Choices Meal: Tuna Salad on Whole Wheat Bread Vegetable Pasta Salad Chilled Applesauce Choice of Low-Fat Milk	8 Open Faced Hot Turkey Sandwich w/Gravy on Whole Wheat Bread Mashed Potatoes Seasoned Peas Petite Banana Choice of Milk	9 COOK'S CHOICE  Lunch will be announced at end of previous week	10 COOK'S CHOICE  Lunch will be announced at end of previous week	11 SUMMER VACATION BEGINS HAVE A SAFE AND HAPPY SUMMER
14 SUMMER VACATION **NO SCHOOL**	15 SUMMER VACATION **NO SCHOOL**	16 SUMMER VACATION **NO SCHOOL**	17 SUMMER VACATION **NO SCHOOL**	18 SUMMER VACATION **NO SCHOOL**
21 SUMMER VACATION **NO SCHOOL**	22 SUMMER VACATION **NO SCHOOL**	23 SUMMER VACATION **NO SCHOOL**	24 SUMMER VACATION **NO SCHOOL**	25 SUMMER VACATION **NO SCHOOL**
28 	29 We will offer two alternate lunch choices each day, in addition to our regular menu. First Choice: Peanut Butter and Jelly Sandwich on Whole Wheat w/String Cheese Second Choice: Cook's Choice (pay attention to school announcements for details)	30 Milk Choices Offered Daily 1% White, LF White LF Choc. LF Vanilla, LF Strawberry	FREE BREAKFAST EVERY DAY FOR EVERY STUDENT	

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol on the menu to help you identify whole grain foods.

**Chartwells School Dining Services
Woodland Hills Area Academy Lunch Menu**

June 2010

Student lunch \$1.80 Reduced price \$.40







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MyNutriKids.com







Secure Deposits, Interactive Menus, Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY MEMORIAL DAY	1 Chicken Rings w/Whole Wheat Dinner Roll Seasoned Green Beans Chilled Applesauce Choice of Low-Fat Milk	2 Italian Hoagie w/Lettuce and Tomato Seasoned Corn Fresh Orange Wedges Choice of Low-Fat Milk	3 COOK'S CHOICE  Lunch will be announced at end of previous week	4 COOK'S CHOICE  Lunch will be announced at end of previous week
7  Balanced Choices Meal: Tuna Salad on Whole Wheat Bread Vegetable Pasta Salad Chilled Applesauce Choice of Low-Fat Milk	8 Open Faced Hot Turkey Sandwich w/Gravy on Whole Wheat Bread Mashed Potatoes Seasoned Peas Petite Banana Choice of Milk	9 COOK'S CHOICE  Lunch will be announced at end of previous week	10 COOK'S CHOICE  Lunch will be announced at end of previous week	11 SUMMER VACATION BEGINS HAVE A SAFE AND HAPPY SUMMER
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	<i>We will offer two alternate lunch choices each day, in addition to our regular menu.</i> <i>First Choice:</i> Peanut Butter and Jelly Sandwich on Whole Wheat w/String Cheese <i>Second Choice:</i> Cook's Choice (pay attention to school announcements for details)	Milk Choices Offered Daily 1% White, LF White LF Choc, LF Vanilla, LF Strawberry		FREE BREAKFAST EVERY DAY FOR EVERY STUDENT

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol on the menu to help you identify whole grain foods.

**WOODLAND HILLS SCHOOL
JUNIOR HIGH SCHOOL LUNCH MENU
June 2010**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY MEMORIAL DAY	1 Hot N' Spicy Chicken Strips w/Whole Wheat Dinner Roll Seasoned Green Beans Choice of Fruit Choice of Low-Fat Milk	2 Italian Hoagie w/Lettuce and Tomato Seasoned Peas Fresh Orange Wedges Choice of Low-Fat Milk	3 COOK'S CHOICE  Lunch will be announced at end of previous week	4 COOK'S CHOICE  Lunch will be announced at end of previous week
7 Buffalo Chicken Wrap Seasoned Green Beans Choice of Fruit Choice of Low-Fat Milk	8 Open Faced Hot Turkey Sandwich w/Gravy on Whole Wheat Bread Mashed Potatoes Seasoned Corn Petite Banana Choice of Milk	9 COOK'S CHOICE  Lunch will be announced at end of previous week	10 COOK'S CHOICE  Lunch will be announced at end of previous week	11 SUMMER VACATION BEGINS HAVE A SAFE AND HAPPY SUMMER
14 SUMMER VACATION **NO SCHOOL**	15 SUMMER VACATION **NO SCHOOL**	16 SUMMER VACATION **NO SCHOOL**	17 SUMMER VACATION **NO SCHOOL**	18 SUMMER VACATION **NO SCHOOL**
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CONGRATULATIONS 8 th Grade! 	NOW YOU CAN FOLLOW YOUR ACCOUNT FROM HOME. TO SIGN UP FOR FREE GO TO THE WEBSITE LISTED BELOW.	Questions or comments? Please call the Food Service Office at 412-244-1100 x5170	Milk Choices Offered Daily 1% White, LF White LF Choc. LF Vanilla, LF Strawberry	CONGRATULATIONS 8 th Grade! 

Outtakes
QUICK CUISINE
Available Daily

Assorted Packaged
Wild Greens Salads
Offered with Crackers & a
choice of milk

Pre-made specialty
sandwiches and
wraps
Offered with fresh fruit & a
choice of low fat milk



*Sandwich
Central*

Deli Sandwiches
Made Fresh *Made
Your Way

Bakery Fresh Rolls, Wraps or Sliced Breads
Choose a filling from:
Premium Deli Meats and Assorted Cheeses
Add your toppings:
Crisp Lettuce, Tomatoes, Onions, Pickles, Peppers & More
Finish it off with your favorite dressing, mayonnaise, mustard or
Italian dressing

All Sandwich Central Sandwiches are offered with a scoop of
pasta salad and a choice of fresh fruit, tossed salad
and a choice of Milk







Available Daily:
Hamburger, Cheeseburger and Chicken Patties or select a
sandwich or wrap from our specialty menu.

Offered Daily
Our Signature Pizza
Classic Cheese * Pepperoni * Specialty Topped
OR
Stuffed Hot Breads or Our Special Rip & Dip

All Trattoria Entrees offered with a tossed salad,
Fresh seasonal fruit and a choice of Milk

Woodland Hills School District High School Lunch Menu June 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY MEMORIAL DAY	1 Hot N' Spicy Chicken Strips w/Whole Wheat Dinner Roll Seasoned Green Beans Choice of Fruit Choice of Low-Fat Milk	2 Italian Hoagie w/Lettuce and Tomato Seasoned Peas Fresh Orange Wedges Choice of Low-Fat Milk	3 COOK'S CHOICE  Lunch will be announced at end of previous week	4 COOK'S CHOICE  Lunch will be announced at end of previous week
7 Buffalo Chicken Wrap Seasoned Green Beans Choice of Fruit Choice of Low-Fat Milk	8 Open Faced Hot Turkey Sandwich w/Gravy on Whole Wheat Bread Mashed Potatoes Seasoned Corn Petite Banana Choice of Milk	9 COOK'S CHOICE  Lunch will be announced at end of previous week	10 COOK'S CHOICE  Lunch will be announced at end of previous week	11 SUMMER VACATION BEGINS HAVE A SAFE AND HAPPY SUMMER
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CONGRATULATIONS SENIORS! 	NOW YOU CAN FOLLOW YOUR ACCOUNT FROM HOME. TO SIGN UP FOR FREE GO TO THE WEBSITE LISTED BELOW.	Questions or comments? Please call the Food Service Office at 412-244-1100 x5170	Milk Choices Offered Daily 1% White, LF White LF Choc. LF Vanilla, LF Strawberry	CONGRATULATIONS SENIORS! 

Outtakes
QUICK CURRIE

Available Daily
Pre-made specialty
sandwiches and
wraps
Offered with fresh fruit & a
choice of low fat milk

MyNutriKids.com

Deli Sandwiches
Made Fresh *Made
Your Way

Select from Bakery Fresh Rolls, Wraps or Sliced Breads
Choose a filling from:
Premium Deli Meats and Assorted Cheeses
Add your toppings:
Crisp Lettuce, Tomatoes, Onions, Pickles, Peppers & More
Finish it off with your favorite dressing, mayonnaise, mustard or
Italian dressing
All Sandwich Central Sandwiches are offered with a scoop of
pasta salad and a choice of fresh fruit, tossed salad
and a choice of Milk

Wild Greens:

Enjoy a fresh salad made before your eyes. Choose from our
assortment of fresh greens and toppings to create your
perfect salad!
All Salads are offered with a choice of fruit and milk

Offered Daily
Our Signature Pizza
Classic Cheese * Pepperoni * Specialty Topped
OR
Stuffed Hot Breads

All Crust N' Stuff Entrees offered with a tossed salad,
Fresh seasonal fruit and a choice of Milk