



March Elementary Mood Boost Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALERT 2</p> <ol style="list-style-type: none"> Breaded Chicken Drumstick Vegetarian Baked Beans Cheese Quesadilla Salsa Chicken & Mozzarella Salad Whole Grain Dinner Roll Fresh Celery Sticks Cucumber Apple Salad Fresh Golden Delicious Apple Fresh Orange Wedges 	<p>ALERT 3</p> <ol style="list-style-type: none"> Classic American Cheeseburger/Hamburger Oven Baked Curry Fries Cheese Stuffed Breadsticks Marinara Sauce Chicken and Cheese Chef Salad Whole Grain Dinner Roll Fresh Carrots Watermelon, Feta & Avocado Salad Fresh Banana Diced Melon 	<p>ALERT 4</p> <ol style="list-style-type: none"> Homemade Cheese Pizza Homemade Pepperoni Pizza Ham and Turkey Chef Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Salad Topped w/ Chickpeas & Cheese Fresh Red Seedless Grapes Raspberries with Chocolate And Basil 	<p>ALERT 5</p> <ol style="list-style-type: none"> Chicken Nuggets Orange Glazed Carrots Cheese Stuffed Breadsticks Marinara Sauce Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Broccoli Florets Salad Topped w/ Chickpeas & Cheese Pineapple Rosy Applesauce 	<p>ALERT 6</p> <p><u>NO SCHOOL</u></p> 
<p>CALM 9</p> <ol style="list-style-type: none"> Crispy Chicken Breast Sandwich Sweet Potato Salad Soy Butter & Grape Jelly Sandwich Popcorn Chicken & Romaine Salad Whole Grain Dinner Roll Fresh Celery Sticks Salad Topped w/ Chickpeas & Cheese Fresh Golden Delicious Apple Fresh Orange Wedges 	<p>CALM 10</p> <ol style="list-style-type: none"> Taco Tuesday Black Bean Sopes Cheese Stuffed Breadsticks Marinara Sauce Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Carrots Sliced Cucumbers Fresh Banana Diced Melon 	<p>CALM 11</p> <ol style="list-style-type: none"> Homemade Cheese Pizza Homemade Pepperoni Pizza Turkey Taco Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Spinach and Strawberry Salad Fresh Red Seedless Grapes Blueberries 	<p>CALM 12</p> <ol style="list-style-type: none"> Macaroni & Cheese Savory Green Beans Cheese Stuffed Breadsticks Marinara Sauce Chicken and Cheese Chef Salad Whole Grain Dinner Roll Broccoli Salad with Raisins Red and Green Bell Pepper Strips Pineapple Rosy Applesauce 	<p>CALM 13</p> <ol style="list-style-type: none"> Waffles Turkey Sausage Patty Tater Tots Muffin & Granola Fun Lunch Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Spinach and Strawberry Salad Blueberries Fresh Pear 
<p>CONFIDENT 16</p> <ol style="list-style-type: none"> Chicken Tenders Vegetarian Baked Beans Cheese Quesadilla Buffalo Popcorn Chicken Salad Whole Grain Dinner Roll Fresh Celery Sticks Cilantro Lime Coleslaw Fresh Whole Apple Fresh Orange Wedges 	<p>CONFIDENT 17</p> <ol style="list-style-type: none"> Classic American Cheeseburger/Hamburger Waffle Fries Cheese Stuffed Breadsticks Marinara Sauce Chicken and Cheese Chef Salad Creamy Carrot and Raisin Salad Sliced Cucumbers Fresh Banana Diced Melon 	<p>CONFIDENT 18</p> <ol style="list-style-type: none"> Homemade Cheese Pizza Homemade Pepperoni Pizza Turkey Taco Salad Whole Grain Dinner Roll Fresh Cherry Tomatoes Lettuce & Tomato Side Salad Fresh Red Seedless Grapes Blueberries Strawberry Avocado Smoothie 	<p>CONFIDENT 19</p> <p><u>1/2 DAY EARLY RELEASE</u></p> 	<p>CONFIDENT 20</p> <ol style="list-style-type: none"> Pancakes Turkey Sausage Patty Muffin & Goldfish Fun Lunch Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Creamy Carrot and Raisin Salad Blueberries Fresh Pear 
<p>HAPPY 23</p> <ol style="list-style-type: none"> Chicken Nuggets Herb Roasted Potatoes Soy Butter & Grape Jelly Sandwich Monterey Chicken Salad Whole Grain Dinner Roll Fresh Celery Sticks Citrus Chickpea Salad Fresh Golden Delicious Apple Fresh Orange Wedges 	<p>HAPPY 24</p> <ol style="list-style-type: none"> Nachos Mexican Style Refried Beans Roasted Red and Green Peppers Cheese Stuffed Breadsticks Marinara Sauce Chicken and Cheese Chef Salad Whole Grain Dinner Roll Fresh Carrots Sliced Cucumbers Fresh Banana Mixed Melon and Pineapple Salad 	<p>HAPPY 25</p> <p><u>1/2 DAY EARLY RELEASE</u></p> 	<p>HAPPY 26</p> <ol style="list-style-type: none"> Turkey Corn Dog Tater Tots Cheese Stuffed Breadsticks Marinara Sauce Mixed Greens Salad with Cheese Whole Grain Dinner Roll Fresh Broccoli Florets Marinated Tomato and Cucumber Salad Pineapple Rosy Applesauce 	<p>HAPPY 27</p> <ol style="list-style-type: none"> Cheese Tortellini Alfredo Garlic Breadstick Roasted Broccoli Turkey, Turkey Ham, & Cheese Sub Chicken Caesar Salad Whole Grain Dinner Roll Sliced Cucumbers Citrus Chickpea Salad Blueberries Mixed Melon and Pineapple Salad
<p>SMART 30</p> <ol style="list-style-type: none"> Breaded Chicken Drumstick Vegetarian Baked Beans Cheese Quesadilla Sour Cream and Salsa Chicken and Mozzarella Salad Whole Grain Dinner Roll Fresh Celery Sticks Fresh Carrot Sticks Kidney Bean Hummus Fresh Whole Apple Fresh Orange Wedges 	<p>SMART 31</p> <ol style="list-style-type: none"> Classic American Cheeseburger/Hamburger Waffle Fries Cheese Stuffed Breadsticks Marinara Sauce Chicken and Cheese Chef Salad Sliced Cucumbers Pickled Red Cabbage And pineapple Fresh Banana Diced Melon 	<p>A full student lunch consists of 5 components; Protein, Grain, Vegetable, Fruit and a choice of Milk. Milk choice include 1% White and 1% Chocolate. This institution is an equal opportunity provider. * Menu subject to change</p>		

Student Lunch Prices \$2.40
Reduced Lunch Price \$0.40
Free and reduced applications available at your school office or call the food service office @1-248-823-5089
A la Carte Prices:
Milk- \$.35 Juice- \$.50

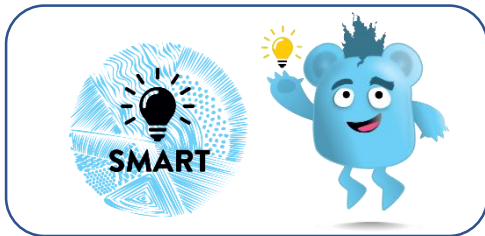
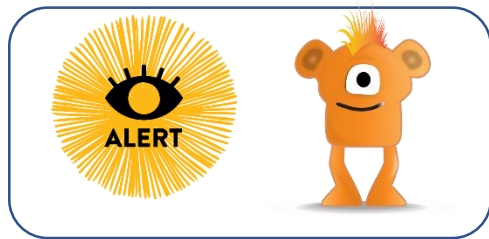
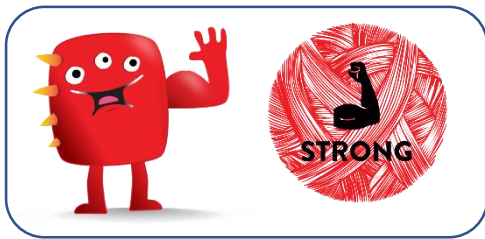
Daily salads can be made with or without meat for a vegetable choice, protein will be replaced with a cheese stick.

Daily salads can be made with or without meat for a vegetarian choice, protein will be replaced with a cheese stick.

MOOD BOOST

Helping kids connect what they eat with how they feel as part of developing healthy eating patterns

Mood Boost introduces characters (for elementary) and icons (for middle school) that focus on six moods.



Mood-boosting foods and recipes, along with fun promotional materials that educate students about the relationship of food to mood are featured.

Dear Troy Families,

This month we will be focusing on foods that are not only nutritious and delicious, but can help our students fuel their classroom success. Some of my favorites include Citrus Chickpea Salad (Happy) and Broccoli Salad with Raisins (Calm). Can't wait for the lunch time adventures with new and exciting foods for everyone to try!

Sincerely,

Chef Joey Price

chartwells 
serving up happy & healthy