



# Chatsworth Elementary School

November 2018

**Salads:** **Mon** – Chef, **Tues** –Tuna Salad, **Wed** –WG Chicken w. Salad, **Thurs** – Veg Baja Salad, **Fri** – Chicken Caesar all served w. Flatbread & Fruit

## Lunch pricing...

\$2.80 – Students / \$3.75+Tax - Adults  
Reduced =FREE – FRLP\* Participants

Lunch Includes:

Protein, Bread/Grain, Vegetable, Fruit and  
Choice of Fat-Free White, Chocolate or 1%  
White (8 oz.).

Pay for School Meals.

[Myschoolbucks.com](http://Myschoolbucks.com)

## More info...

If you have any questions, please  
contact Sandra Renken, Food Services  
Director at (914) 220-3038

\*Free or Reduced Lunch Program. To Apply,  
Visit [mamkschools.org/parents-  
community/food-services](http://mamkschools.org/parents-community/food-services).

If your child has a food allergy, please  
contact your school nurse.

Regardless of portion size, the FSMC is responsible  
for meeting all requirements under the Final Rule  
Nutrition Standards in the National School Lunch and  
School Breakfast Programs. This includes Min-Max  
calories, Saturated Fat, Sodium, specific component  
offers for all fruits, vegetables, grains, meat/meat  
alternates and milk.



This institution is an equal opportunity provider.

## Daily Lunch Offerings:

Side Salad - 1 Cup Dark, Leafy Greens Topped w/Seasonal Produce  
Fruits and Vegetables - A Variety of Fresh Fruits & Vegetables in 1/2 Cup Portions  
Sunflower Seed Spread & Grape Jelly Sandwiches on WG Bread  
American Cheese Sandwich on WG Bread  
Yogurt Parfait: All-Natural Yogurt w/Granola & Fruit

**Sandwiches:** **Mon** –Breaded Chicken, **Tues**–Turkey & Am , **Wed**– Bologna  
& Am **Thurs** –Ham & Swiss, **Fri** – SW Turkey Wrap. All served with Celery +  
Carrots and Fresh Fruit

**\*\* Water stations are available with all meals\*\*\* WG=Whole Grain**

1

Chicken Parmesan  
Wedge  
Cold Rotini Pasta  
Salad  
Steamed Green  
Bean  
Fresh Fruit

2

**Burger Bonanza...**  
Beef Burger or Veggie  
Patty on Whole Grain  
Roll  
Sliced Lettuce &  
Tomato Salad  
Potato Wedges  
Grapes

5

**Boneless** Chicken  
Wing Bowl with  
Mashed Potatoes,  
Steamed Corn and  
Topped with  
Cheddar Cheese  
Steamed Green  
Beans  
Fresh Fruit

6

School Closed in  
Observance of



7

Villa Maria Pizza  
WG Breadstick  
BBY Carrots  
Apples



8

Soft Chicken Tacos (2)  
with Lettuce & Cheese  
Mexican Spiced Rice  
Charro Black Beans  
Steamed Corn  
Fresh Fruit Salad

9

Cheeseburger  
Meatloaf  
Oven Roasted  
Potatoes  
Spinach Salad  
Steamed Carrots  
Grapes

12

**School Closed**



**Honoring Our  
Veterans**

13

**Taco Tuesday:**

Crunchy Tacos w/Beef  
or Veggies served with  
1oz Cheese & Salsa  
Cilantro Brown Rice  
Campfire Pinto Beans  
Fresh Fruit Salad

14

Villa Maria Pizza  
WG Breadstick  
BBY Carrots  
Apples



15

**Thanksgiving  
Dinner**

Roasted Turkey  
Mashed Potatoes w.  
Gravy  
Steamed Green  
Beans  
Apple Crisp

16

Meatball Sub  
With Parmesan  
Cheese  
Steamed Green  
Beans,  
Cucumber & Tomato  
Salad  
Grapes

19

Lil' Italy Rice Bowl  
WG Chicken Cubes  
Served with Italian  
Rice & Marinara  
Sauce  
Spinach Salad  
Banana

20

Tostitos Scoops served  
with Seasoned Chicken  
Taco Meat with 2oz  
Cheese  
Marinated Black Bean  
Salad  
Yellow Rice  
Fruit Salad

21



22



23



26

**Chicken Dipp'in**  
WG Chicken Tenders  
choice of Sauces  
Oven Baked Fries  
Spinach Salad  
Banana

27

Beef Nachos with Chips  
& Cheese Sauce  
Yellow rice  
Kickin' Beans  
Oranges

28

Villa Maria Pizza  
WG Breadstick  
BBY Carrots  
Apples



29

**Brunch**  
Maple Chicken &  
Waffle Sandwich  
Steamed Corn  
Fresh BBY Carrots  
Apples

30

**Tour of Italy:**  
Whole Grain Pasta  
with Traditional Meat  
Sauce  
WG Breadstick  
Roasted Cauliflower  
Grapes