

Chichester High School

SEPTEMBER

2010

Monday

Tuesday

Wednesday

Thursday

Friday

Daily Healthy Choices: Garden Salad topped with Cheese, Buffalo Chicken Wraps & Salads,

Chicken Caesar Wraps & Salads, Tuna Sandwich

Monday: Turkey & Cheese Wrap - *Chef Salad

Tuesday: *Italian Wrap - Cajun Chicken Salad

Wednesday: Southwest Turkey Wrap - *Hoagie Salad

Thursday: *Ham & Cheese Wrap - Sweet & Sour Popcorn Chicken Salad

Friday: Tuna Wrap- Manager's Special Salad

1

2

3

Daily Lunch Alternates: Triple Decker PB&J Sandwich, Pizza, Cheese Sandwich, Chicken Nuggets, Meatball Hoagie, Cheese Steak

6

Welcome Back!

7

Two *Hot Dogs with or without Cheese Sauce
Oven Baked Fries
Assorted Fresh or Canned Fruit
Assorted Milk

8

Oven Baked Plain or BBQ Chicken Patty on a Bun
Corn on the cob
Assorted Fresh or Canned Fruit
Assorted Milk
\$.50 Sweet Treat-cookies

9

Brunch 4 Lunch!
French Toast Sticks
Tater Tots
*Sausage
100% Fruit Juice
Assorted Milk

10

*Sweet or Hot Italian Sausage Hoagie with or w.o. onions & peppers
Mashed Potatoes/gravy
Assorted Fresh or Canned Fruit
Assorted Milk

New Item!

Stuffed Crust Large Bread Stick (2)
With Marinara Sauce
Garden Salad
Assorted Fresh or Canned Fruit
Assorted Milk

13

Taco Tuesday!

Nachos with Seasoned *Taco Meat & Cheese
Side of Salsa
Sweet Corn
Assorted Fresh or Canned Fruit
Assorted Milk

14

*Bacon Cheeseburger or Veggie Burger on a bun
Side of Lettuce & Tomato Baked Beans
Assorted Fresh or Canned Fruit
Assorted Milk
\$.50 Sweet Treat-Cake

15

Mrs. T's Pierogy Day!

Whipped Potatoes & cheese wrapped in pasta pillows smothered with your favorite topping: Nacho Cheese, Marinara Sauce, Chili Meat, or Ranch Dressing
Sweet Peas & Dinner Roll
Assorted Fresh or Canned Fruit
Assorted Milk

16

*Roasted Pork Sandwich
Roasted Potato Wedges
Assorted Fresh or Canned Fruit
Assorted Milk

17

Asian Item!

Sweet & Sour Popcorn Chicken over white rice
Steamed Broccoli
Assorted Fresh or Canned Fruit
Assorted Milk

20

Cheese Steak Wrap
Steamed Carrot Coins
Apple Crisp
Assorted Milk

21

1 ½ Toasted Cheese Sandwich's
Tomato Soup
Pickle Spear
Assorted Fresh or Canned Fruit
Assorted Milk
\$.50 Sweet Treat-Brownie

22

*Cold Italian Hoagie
Pasta Salad
Side of Lettuce & tomato
Sun Chips
Assorted Fresh or Canned Fruit
Assorted Milk

23

Buffalo Chicken & Cheese Pizza
Baby Carrots & Celery with Dipping Sauce
Assorted Fresh or Canned Fruit
Assorted Milk

24

(4) Chicken Tenders
Buffalo or BBQ dipping sauce / dinner roll
Oven Baked Fries
Assorted Fresh or Canned Fruit
Assorted Milk

27

Twin Taco Tuesday!
Soft or Hard Taco:
Seasoned *Taco Meat & Cheese
Taco Fixins / Rice
Assorted Fresh or Canned Fruit
Assorted Milk

28

New Greek Item!

Chicken GYRO on Pita Bread with Lettuce & tomato
Oven Baked Fries
Assorted Fresh or Canned Fruit
Assorted Milk
\$.50 Sweet Treat-cookies

29

Mozzarella Sticks (5) with Sauce
Soft Pretzel Rod
Garden Salad
Assorted Fresh or Canned Fruit
Assorted Milk

30

A La Carte Options
Wawa Beverages:
Asst. Flavors \$1.00
Ice Cream Novelties \$.50-\$1.00
Bottled Water \$1.00,
Milk Chug 8oz \$6.00,
Milk Chug 16 oz \$1.00, Nacho's & Cheese \$1.00, 100% Fruit Juice 4oz \$.50, Little Debbie \$.50-\$.75, Fresh Fruit \$.50, Bag of Chips (asst. flavors) \$.50, Yogurt Cup \$.50, Soft Pretzel \$.50, Dipping Sauce \$.25

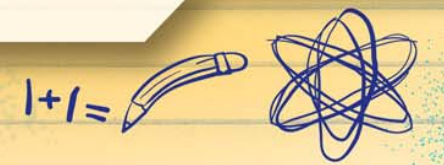
Sweet Treat Wednesday offers a fresh baked item ranging between \$.25-\$.50

*May Include PORK
Breakfast and lunch include 8oz. choice of Milk: 1% Chocolate, 1% Strawberry, Reduced Fat, and Skim

Daily Breakfast Menu
Service begins at 7:00
Assorted Cereal, Assorted Bagels, Pop Tarts with Graham crackers, *Sausage & Egg & Cheese Sandwich, *Sausage & Cheese Sandwich, & Pancakes
Breakfast menu includes: Fruit or Fruit Juice & Choice of Milk

Meal Prices
Breakfast \$1.25 * Reduced \$.30
Lunch \$2.00 * Reduced \$.40
Entrée Price: \$1.75

Earn while your children learn!
Food Service substitute positions are available
Call 610-485-6881 x5266



*Chichester Food Service
Welcome Back
High School
2010-2011*



Dear Parents/Guardians:

Welcome to the 2010-2011 school year! The Food Service Department looks forward to providing outstanding service and nutritious and delicious meals to the students and staff of the Chichester School District.

Breakfast and Lunch Prices

Breakfast costs \$1.25 for High School and Middle School and \$1.00 for Elementary Schools.

Lunch costs \$2.00 for High School and Middle School and \$1.75 for Elementary Schools.

Your children may qualify for free or reduced priced meals. Reduced price is \$.30 for breakfast and \$.40 for lunch.

Please be sure to fill out a free and reduced meal application. You can obtain an application from your child's school office, the cafeteria, or call the Food Service Office at 610-485-6881 Ext. 5266 to have one mailed to you. You can also file an application through the following website:

www.compass.state.pa.us.

Applications MUST be filled out EACH year.

If a student forgets their lunch money or does not have money on their account, they may receive their desired lunch. After three occurrences of not having money for lunch the student will receive a Peanut Butter and Jelly Sandwich or Cheese Sandwich meal at the cost of a regular lunch until the debt has been paid.



As part of a well balanced meal, the government (National School Lunch Program), requires that we offer all food groups and that student's take at least three out of the five options. Students may take up to three side dishes, however, they may not double up on any sides.

A typical lunch offering consists of the following options:

- 1 serving (2 - 3 ounces) of meat/meat alternative
- 1 serving (4 ounces) of vegetable
- 1 serving (4 ounces) of fruit
- 1 serving (1 slice of bread) of bread
- 1 serving (8 ounces fluid milk) of milk

Students are assigned a four digit pin number to enter at the point of sale (cash register) to purchase their meals.

Options for food purchases include: cash, checks or online. Checks should be made payable to **Chichester Food Service**.

The cafeteria's Point of Sale System allows parents the capability to view what their child is purchasing and their current account balance through the Mealpay Plus website. This **free** service is available to for all students. You can create your **free** account by logging onto: www.mealpayplus.com
To obtain your student's ID number to register online, call the Food Service Office at 610-485-6881 Ext. 5266.

In addition to meals, students may purchase ala carte items. Options will vary depending on availability and snack schedule.

**Ala Carte Items
High School**

Wawa Beverages:
Asst. Flavors \$1.00
Bottled Water \$1.00,
Milk Chug 16oz \$1.00, Milk Chug 8oz \$.60, Nacho's & Cheese \$1.00,
100% fruit juice 4oz. \$.50, Little Debbie \$.50-\$.75, Fresh Fruit \$.50,
Bag of Chips (asst. flavors) \$.50,
Yogurt Cup \$.50, Soft Pretzel \$.50,
Dipping Sauce \$.25
Entrée Price: \$1.75

*Sweet Treat Wednesday offers a fresh baked item ranging between \$.25-\$.50

***May Include Pork**

Breakfast and lunch include 8oz. choice of Milk: 1% Chocolate, 1% Strawberry, Reduced Fat, and Skim

**Daily Breakfast Menu
Service begins at 7:00**

Assorted Cereal, Assorted Bagels, Pop Tarts with Graham crackers,
*Sausage, Egg & Cheese Sandwich,
*Sausage & Cheese Sandwich, & Mini Pancakes
Breakfast menu includes: Fruit or Fruit Juice & Choice of Milk

***Menus for each month and other Food Service information can be found on the district website:
www.chichestersd.org***

Earn While Your Children Learn!

Food Service substitute positions are available! Fill out an application at the administration building located in front of Hilltop Elementary School.