








Whats on the Menu?

Chartwells School Dining Services at Clawson High School
LUNCH MENU FOR THE WEEK OF AUGUST 28, 2023

A full student lunch includes a choice of entrée supplying protein and grain, (2) vegetable side dishes, two (2) fruit side dish, and milk. Milk choices include 1% white and chocolate.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	HALF DAY TODAY	CHEESE BOSCO STICKS w/ Dipping sauce	CHICKEN TENDERS w/ French Fries	PIZZA CRUNCHERS w/ Dipping Sauce	NO SCHOOL TODAY
		Pepperoni Pizza Cheese Pizza	Pepperoni Pizza Cheese Pizza	Pepperoni Pizza Cheese Pizza	
					
		Assorted Fruits and Vegetables	Assorted Fruits and Vegetables	Assorted Fruits and Vegetables	
		Chicken Patty Sandwich	Cheese Burger	Chicken Patty Sandwich	

This institution is an equal opportunity provider.
Questions or Comments?
Please contact Melissa M. Lona, Food Service Director, at 248-655-4261.



FOOD FOCUS

- **New to Kale?** A great way to introduce it into your diet is by adding it to soup. It is a staple in Portuguese Kale Soup.
- **After a frost, kale actually becomes sweeter!** This means you can harvest kale long after the summer season.
- **Kale comes in a variety of colors:** green, white, purple, or bluish green.
- **Some varieties of kale grow five to seven feet tall!** Some parts of the large plant may not be edible and are used for display instead of eating. That's truly a green giant!
- **When we eat kale our amazing superpowers come out!** Kale has a powerful punch of nutrients that help reverse inflammation and detoxify the liver - try kale in a salad, as a chip or in a smoothie and see if you feel stronger!

Price: \$3.05 paid, \$.40 reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat