



Thurston High School

Date: September 3, 2014 - September 5, 2014

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

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Price: \$3.00, \$0.40 reduced*, free* (*if qualified)

Adult Lunch Price: \$3.50

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Play Bowl	Labor Day	No School	Scrambled Eggs Fruit Cobbler Whole Grain French Tst Sticks Baked Tater Tots	Barbecued Chicken Corn Bread Whole Wheat Dinner Roll Seasoned Corn Boston Baked Beans	Breaded Chicken Nuggets Whole Wheat Dinner Roll Cinnamon Breadstick Seasoned Mixed Vegetables Criss-Cut Fries
	Breaded Chicken Patty Sandwiches, Spicy Chicken Patty Sandwiches and Cheeseburgers may replace items currently listed on the menu or may be added as another choice without prior notice. Please check the Daily Offerings.				
Grab a Stack	Labor Day	No School	BBQ Pork Rib on a Whole Grain Bun Cheeseburger on a Whole Grain Bun Grilled Chicken Club on a Whole Grain Bun Baked Tater Tots Seasoned Green Beans	BLT Burger on a Whole Grain Bun Cheeseburger on a Whole Grain Bun Cheese Steak Sandwich on a Roll Seasoned Corn Baked Potato Smiles	Hamburger on a Whole Grain Bun Turkey Hot Dog on a Whole Grain Bun Spicy Chicken Patty on Bun Seasoned Mixed Vegetables Criss-Cut Fries
	Available Daily: Cheese Pizza on Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
Crust N Stuff	Labor Day	No School	Pepperoni Pizza Pizza Dunkers	Pepperoni Pizza Bosco Sticks with Dipping Sauce	Pepperoni Pizza Meat Lovers Flatbread
	Available Daily: Assorted meats, tuna salad, cheeses, and other proteins; whole grain sliced bread and wraps; white sandwich rolls; shredded romaine lettuce; and sliced tomatoes				
Ready Set Deli	Labor Day	No School	Italian Hoagie Fresh Spinach Cucumber Coins Sliced Onion	Chicken Salad on a Whole Wheat Bun Fresh Spinach Cucumber Coins Sliced Onion	Ham & Cheese Hoagie Fresh Spinach Cucumber Coins Sliced Onion
	Labor Day	No School	Fruit Yogurt Parfaits w/ Granola Topping Ham & Cheese on a Whole Wheat Bun Deli Chef Salad w/ Croutons & Crackers Mandarin Chicken Salad w/ Crunchy Asian Topping & Crackers Chick Pea Salad Fresh Baby Carrots Fresh Orange Chilled Pears	Fruit Yogurt Parfaits w/ Granola Topping Turkey Club on Whole Wheat Deli Chef Salad w/ Croutons & Crackers Crispy Chicken Popper Salad w/ Croutons & Crackers Broccoli Florettes Romaine Spinach Salad Chilled Tropical Fruit Fresh Orange	Fruit Yogurt Parfaits w/ Granola Topping Santa Fe Turkey & Cheddar Wrap Deli Chef Salad w/ Croutons & Crackers Satsuma Cobb Salad w/ Egg, Turkey, Ham & Croutons Fresh Baby Carrots Broccoli Salad w/ Raisins Fresh Red Grapes Fresh Red Delicious Apple
OutTakes	Labor Day	No School	Chick Pea Salad Fresh Baby Carrots Fresh Cucumber Sticks Fresh Orange Chilled Pears	Broccoli Florettes Romaine Spinach Salad Green Bean Salad Chilled Tropical Fruit Fresh Orange	Fresh Baby Carrots Fresh Sliced Celery Broccoli Salad w/ Raisins Fresh Red Delicious Apple Chilled Pineapples
	Labor Day	No School	Chick Pea Salad Fresh Baby Carrots Fresh Cucumber Sticks Fresh Orange Chilled Pears	Broccoli Florettes Romaine Spinach Salad Green Bean Salad Chilled Tropical Fruit Fresh Orange	Fresh Baby Carrots Fresh Sliced Celery Broccoli Salad w/ Raisins Fresh Red Delicious Apple Chilled Pineapples

Menu subject to change without notice

Questions or comments? Please contact Karen Cumming, Foodservice Director at 313-535-4000 xt 1184 or cummka01@southredford.net

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

EMPLOYMENT OPPORTUNITIES: Lunch Aide positions are now available. Anyone interested in working at a school during lunch should contact Karen Cumming at 313-535-4000 x 1184 for more information.



School Foodservice Information

Lunch Serving Time: 11:07a.m. on M,W,F and 11:25a.m on T & Th (Flex Days)

The new USDA Guidelines:

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

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

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Chartwells continues to be dedicated to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to www.EatLearnLive.com



Go to MyPlate.gov for online personal wellness resources for you and your family.

Questions or comments? Please contact Karen Cumming, Foodservice Director at 313-535-4000 xt 1184