

September 2011

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This month a **NEW STUFFED TOMATO w/ LENTIL AND VEGETABLE SALAD** is being served September 13th and you don't want to miss out! The salad features farm fresh *tomatoes* from our farm partner at Ledgeview Farms of Johnsbury, with *lentils, cucumbers, chickpeas, red onions,* and mouth watering *sweet yellow peppers*. Featured in the picture is Heather Morgan, founder of Ledgeview Farms of Johnsbury, WI. With the help of her family Heather uses her degree in horticulture to grow tomatoes via hydroponics. Hydroponic, what is that? It is a method in which plants are greenhouse grown in sand, water, and gravel with added nutrients, but not soil. How cool is that?

**CHILTON K-8
BREAKFAST and LUNCH
PROGRAMS**

BREAKFAST MEALS
\$1.10 Reduced .30
Assorted fresh fruits and juices, and string cheese served at breakfast.

LUNCH MEALS
K-4 \$1.95 5-8 \$2.10
Reduced .40
Adults & Guests \$3.00

**SERVING DAILY:
Fresh Fruit & Veggie Bar
included w/meal**
P&J Uncrustable offered as a substitute entrée.

GOT MILK? 
We Do! Serving three varieties daily: skim, 1% white, and skim choc.

Foods Guide
© USDA commodity item
wf whole food
ff farm to school food item
wg whole grain item
(S) Scratch Cooking

	Mon	Tue	Wed	Thu	Fri
	Don't miss the new recipes this month!			1 Cheese Pizza wg © Spinach Apple Salad wf BREAKFAST Muffins	2 Combo~ Mini Sub Potato Salad wg Sun Chip BREAKFAST Saus/Ch Biscuit
5 NO SCHOOL		6 Chicken Nuggets © Mac & Cheese (s) BREAKFAST Pancake	7 Cheesy Tuna Melt Sandwich Roasted Carrots wf (s) BREAKFAST UBR	8 Spaghetti wg Meatballs © 2 sauces Breadstick BREAKFAST Cereal Bar/Yogurt	9 Dolly Burger ff Bun wg Pretzels BREAKFAST Cinnamon Pastry
12 French Toast Sticks Sausage Yogurt wf BREAKFAST Bagels		Chicken Patty © Bun wg Stuffed Tomato (s) ff BREAKFAST Yogurt Parfait Grahams	14 Stuffed Potato ham/cheddar/corn Garlic Breadstick BREAKFAST Cinnamania	15 Honey Baked Chicken Drumsticks wf Noodles Green Beans BREAKFAST Cereal Bowl/ Yogurt	16 Beef Nachos (s) ff Refried Beans © Cheddar Cheese © BREAKFAST Nature V Bar/string
19 Rice Bowls Chix~ Veg~ Sauce Fortune Cookie BREAKFAST Pancake		20 Sloppy Joe (s) ff Bun wg Cheese © Roasted Potato Fans (s) wf BREAKFAST UBR	21 Chicken Fajitas © Toppings/ Cheddar Rice BREAKFAST Cinnamania	22 Cheese Pizza © Caramel Apple Salad wf (s) BREAKFAST Stickler	23 Hot Dog Bun wg Baked Beans wf BREAKFAST Sausage/Ch Biscuit
26 BBQ Rib © Broccoli Buttermilk Biscuit BREAKFAST Muffins		27 Combo~ Mini Sub Roasted Sweet Potatoes (s) wf BREAKFAST Saus/Ch Biscuit	28 Taco Salad (s) ff meat~cheese~lettuce Corn BREAKFAST Cheese Crackers	29 BBQ Chicken Drumsticks wf Roasted Squash ff Buttermilk Biscuit BREAKFAST Bagels	30 Hot Turkey © wf Mashed Potatoes (s) Roll BREAKFAST UBR

The **Blueberry** is one of the few fruits that are native to North America (along with cranberries and concord grapes). Wisconsin blueberry season runs from late July through late August depending on temperature and rainfall.



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Chilton High School Lunch Menu

FULL MEAL PRICE

STUDENT \$2.20

REDUCED .40

STAFF or GUEST \$3.00

Meals may be taken at all bars.

Single Entrée Price

\$1.95



~SERVED DAILY~

Got Milk? We do!

Serving 3 varieties of milk daily

LOCAVORE SALAD BAR

Fruit, Veggies, Salads & more

HOT SPOT

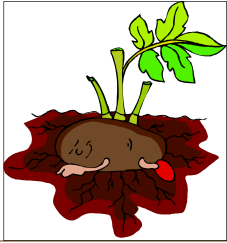
Hot grab & go single entrees.

COLD ZONE

Wraps, specialty salads, sandwiches, & more

© USDA commodity food item
ff farm fresh item
wf whole food item
wg whole grain item
(s) scratch cooking

Mon	Tue	Wed	Thu	Fri
		1 Build a Burger © BBQ Station ff wf wg Beef & Ribs Hot Spot	2 Deli Sub Station wg Chicken Bar~ Strips © w/ Roasted Reds wf Hot Spot	3 Pizza Heaven (s) Meat Lover Hawaiian Dog Day Bar wg Hot Spot
6 NO SCHOOL	7 Hot Sub Bar wg Cheesy Meatball Chicken Bar Chicken Patty © wg Hot Spot	8 Sandwich Station Turkey Club wg New! Whole Foods Cafe Apple & Chicken Quesadilla wf ff (s) Hot Spot	9 Breakfast Bar wf French Toast Yukon Gold Potatoes Julies Grill © wg Hot Spot	10 Taco Bar ff (s) wf soft & crisp Deli Sub Station wg Hot Spot
13 Pasta Bar wg Alfredo & Marinara Pizza & Salad Bar Hot Spot	14 Build a Burger Gebby Burger ff wg Rice Bowls wf (s) Ranchero Beef Hot Spot	15 Chicken Bar Roasted Chicken © It's a Wrap! (s) Cold Wraps Hot Spot	16 Café Tasting Event! Mashed Potato Bowl (s) wf Pizza © & Salad Bar Hot Spot	17 Pizza Heaven (s) Extreme Veggie Sausage BBQ Station wf wg Chicken & Ribs Hot Spot
20 Breakfast Bar Breakfast Wrap (s) w/ Roasted Reds wf Pizza © & Salad Bar Hot Spot	21 American Diner Turkey & Gravy © Mashed (s) Build a Burger © Hot Spot	22 Chicken Bar wf wg Garlic Crumb Chicken Joe Bar wg (s) ff Hot Spot	23 Chili Bar (s) ff wf Dogs & Bowls Stuffed Potato Bar wf Hot Spot	24 Fajita Bar Beef ff & Chicken © Pizza © & Salad Bar Hot Spot
27 Oriental Bar (s) wf Stir fry/Orange Chix Sandwich Station wg Ham/Cheese Stacker Hot Spot	28 Pasta Bar wg Alfredo & Marinara Pizza © & Salad Bar Hot Spot	29 Deli Sub Station wg Mashed Potato Bowl wf (s) Hot Spot	30 Nacho Bar ff (s) wf BBQ Station Chicken & Ribs wf wg Hot Spot	1 Pizza Heaven (s) Primo Pepperoni Calif. Chix Alfredo American Diner Salisbury Steak ff



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COLD ZONE

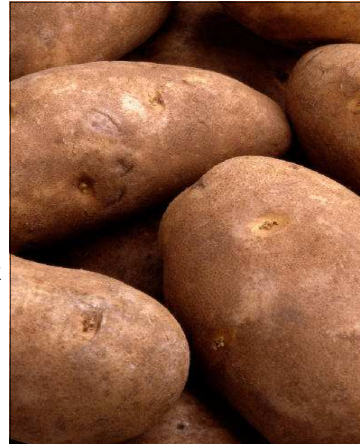
Wraps, specialty salads, sandwiches, & more

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Wisconsin ranks third in the nation growing more than thirty thousand acres of potatoes in the central sands and north woods of Antigo. Wisconsin "Healthy Grown" potatoes are the nation's first crop to offer a Protected Harvest certificate to consumers, retail, and foodservice customers. By achieving this certificate growers reduce chemical use and waste while following water and soil conservation processes and work toward the protection of wildlife habitat.

To learn more go to:

<http://www.protectedharvest.org/>

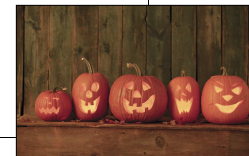


October 2010

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Mon	Tue	Wed	Thu	Fri
				1 Pizza Heaven (s) Pepperoni-Chix Alfredo American Diner Salisbury Steak wf Grilled Potatoes wf
4 Chicken Bar Strips © Hot Sandwich Bar Ham © & Cheese Hot Spot	5 Sandwich Bar Turkey Club wg wf BBQ Station wg Chicken wf & Ribs Hot Spot	6 Hot Sub Bar wf wg Philly Cheese Steak Build a Burger © Hot Spot	7 Breakfast Bar French Toast Stix Roasted Potato wf Deli Sub Station wg Hot Spot	8 Taco Bar ff (s) Pizza © & Salad Bar Hot Spot
11 Pasta Bar wg © Pizza © & Salad Bar Hot Spot	12 Early Release Day Build a Burger © wg Dog Day Bar wg Hot Spot	13 American Diner Hot Turkey © Mashed Potatoes Pizza © & Salad Bar Hot Spot	14 Chicken Bar Roasted Chicken Baked Potato Bar wf Hot Spot	15 Pizza Heaven (s) Bacon CB Cheese Lover Julie's Grill © Hot Spot
18 Hot Sandwich Bar Chicken Club wf wg Hot Sub Bar Meatball Sub © wg Hot Spot	19 Joe Bar ff (s) wg Pizza © & Salad Bar Hot Spot	20 Oriental Bar (s) wf Chix Stir Fry /Orange BBQ Station wg Chicken wf & Ribs Hot Spot	21 Mashed Potato Bowls (s) Pizza © & Salad Bar Hot Spot	22 Fajita Bar Pork ff & Chix © Deli Sub Station wg Hot Spot
25 Whole Foods Café Steamed Chicken & Veggie Bundles (s) wf Pizza © & Salad Bar Hot Spot	26 Nacho Bar (s) ff Hot Sandwich Bar Chicken Parmesan wf Hot Spot	27 Pizza Heaven (s) Meat Lover/ BBQ Chix Build a Burger wg Gebby Burgers ff Hot Spot	28 NO SCHOOL	29 NO SCHOOL



Wisconsin Cheese Facts:

Wisconsin leads the nation in the number of cheese plants: 127 Dairy means more to Wisconsin than apples to Washington or raisins to California; contributing \$26.5 billion annually to the Wisconsin economy. Wisconsin cheese makers produce over 600 varieties, types, and styles of cheese; California is the runner up with 250.

Courtesy of: www.eatwisconsincheese.com



January 2011

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BREAKFAST and LUNCH
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(S) Scratch Cooking

Mon	Tue	Wed	Thu	Fri
3 Chicken Nuggets © Mashed Potatoes (s) Biscuit/ Gravy BREAKFAST Goldfish /yogurt	4 Pancakes Sausage Strawberries wf String Cheese ff BREAKFAST Muffins	5 Hot Dog Bun wg Baked Beans wf BREAKFAST Stickler	6 Rice Bowls Chix/Oriental Veggies Fortune Cookie BREAKFAST Bagels	7 Pizza © Broccoli BREAKFAST UBR
10 Dolly Burger ff Bun wg Pretzels Cheese BREAKFAST Cinnamania	11 Chicken Parmesan wf Garlic Breadstick BREAKFAST Saus/ Cheese Biscuit	12 Hot Ham & Cheese Bun wg Herbed Orzo Pasta BREAKFAST Cheese Crackers	13 Meatball Sub © Spinach & Apple Salad ff wf BREAKFAST Bagels	14 Beef Nachos (s) ff Refried Beans © Toppings/ cheddar BREAKFAST Muffins/ string cheese
17 Stuffed Potato wf Ham/ Cheddar /Broc Garlic Bread BREAKFAST Goldfish string cheese	18 Chicken Patty © Bun wg BREAKFAST Yogurt Parfait/crackers	19 Hot Turkey © wf Mashed Potatoes (s) Roll BREAKFAST Muffins	20 Pizza © Roasted Winter Veggies wf (s) BREAKFAST Stickler	21 NO SCHOOL
24 Chicken Fajitas © Toppings/ Cheddar © Corn BREAKFAST Cinnamania	25 Dolly Burger ff Bun wg Am Cheese Pretzels BREAKFAST Muffins/ string cheese	26 Spaghetti wg Meatballs © 2 sauces/ Breadstick BREAKFAST UBR	27 Sloppy Joes (s) ff Bun wg Cheese © BREAKFAST Cinnamon Roll	28 BBQ Chicken Breast wf Roll Roasted Potatoes wf BREAKFAST Bagels
31 French Toast Stix Sausage Yogurt wf BREAKFAST Muffins/ stringcheese	1 Chicken Nuggets © Mac & Cheese (s) wg BREAKFAST Goldfish	2 Combo/Mini Subs Apple Crisp (s) © BREAKFAST Cinnamon Roll	3 Taco Salad (s) ff Lettuce/Meat/ Cheese Spanish Rice BREAKFAST Bagels	4 Hot Dog Bun wg Baked Beans wf BREAKFAST Sausage/ Ch Biscuit



Chilton High School

Lunch Menu

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\$1.95



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LOCAVORE

FRUIT & VEGGIE BAR

Fruit, Veggies, Salads & more

HOT SPOT

Hot grab & go single entrees.

COLD ZONE

Wraps, specialty salads,
sandwiches, & more

FOODS GUIDE

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Door County cherries account for over 95% of all tart cherries **produced in Wisconsin**. In 2005, Wisconsin produced about 7.2 million pounds of tart cherries. There are over 2,000 acres of Montmorency tart cherries and 50 acres of sweet cherries grown in Door County. Why Door County Wisconsin? The quantity and quality of fruit depends on the climatic conditions. Lake Michigan tempers the winter winds and cools the orchards in the summer.



March 2011

Mon	Tue	Wed	Thu	Fri
<p>Look for Door County Cherries all month long on the fruit & veggie bar!</p>	<p>1 ORIENTAL BAR Chix stir fry/Orange (s) BBQ Bar ff wf Chix/Rib HOT SPOT</p>	<p>2 TACO BAR (s) ff Soft/Crisp PIZZA & SALAD BAR HOT SPOT</p>	<p>3 MASHED POTATO BOWLS (s) SOUP STATION HOT SPOT</p>	<p>4 SANDWICH BAR Turkey Club wg PIZZA & SALAD BAR HOT SPOT</p>
<p>7 CHILI BAR (s) ff Dogs and Bowls BAKED POTATO BAR wf HOT SPOT</p>	<p>8 CHICKEN BAR Strips © BREAKFAST BAR HOT SPOT</p>	<p>9 PIZZA HEAVEN (s) Cheese ~ Hawaiian DOG DAY BAR HOT SPOT</p>	<p>10 HOT SANDWICH Chicken Parmesan Salad Sensations Taco Salad ff wf HOT SPOT</p>	<p>11 NO SCHOOL</p>
<p>14 JOE BAR wf AMERICAN DINER Salisbury HOT SPOT</p>	<p>15 WHOLE FOODS CAFE Pepperoni Calzone (s) SOUP STATION HOT SPOT</p>	<p>16 PASTA BAR wg FAVORITES BAR Mini CD © HOT SPOT</p>	<p>17 BUILD A BURGER ff BBQ BAR wf ff Chix wf ~ Rib © HOT SPOT</p>	<p>18 PIZZA & SALAD BAR JULIE'S GRILL Grilled Cheese/Soup HOT SPOT</p>
<p>21 NACHO BAR (s) ff SOUP STATION HOT SPOT</p>	<p>22 CHICKEN BAR Brd Patty © DELI SUB STATION HOT SPOT</p>	<p>23 PIZZA HEAVEN Meat Lovers~ Garlic DOG DAY BAR wg HOT SPOT</p>	<p>24 FAJITA BAR Chicken / Beef wf ff SOUP STATION HOT SPOT</p>	<p>25 Salad Sensations Julienne wf FAVORITES BAR Dippers © HOT SPOT</p>
<p>28 Whole Foods Cafe Chicken Cordon Bleu Calzone (s) wf BUILD A BURGER ff HOT SPOT</p>	<p>29 ORIENTAL BAR (s) Beef Stir Fry ff (s) Orange Chix (s) SOUP STATION HOT SPOT</p>	<p>30 HOT SUB BAR Meatball © PIZZA & SALAD BAR HOT SPOT</p>	<p>31 MASHED POTATO BOWLS (s) SOUP STATION HOT SPOT</p>	<p>1 DELI SUB STATION FAVORITES BAR Dippers © HOT SPOT</p>

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Elementary School Lunch Menu



June 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUNE HARVEST OF THE MONTH</p> <p>Strawberries Snap Peas Fava Beans</p>	<p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p>	<p>1</p> <p>Pizza Dippers Marinara Strawberry Spinach Salad Pretzels Melon</p> <p>Alternative Entrées Chef Salad</p>	<p>2</p> <p>Chicken Nuggets Quinoa & Gravy Carrot Coins Dinner Roll Kiwi</p> <p>Alternative Entrées BBQ Rib Sandwich</p>	<p>3</p> <p>Cheeseburger with Fixings (lettuce, tomato, cheese) Oven Fries Baked Beans Pickles Oranges</p> <p>Alternative Entrées Tuna Salad Wrap</p>
<p>6</p> <p>Mineshaft Cheese Pizza Caesar Salad Garlic Breadstick Fresh Pear</p> <p>Alternative Entrées Chicken Salad Sandwich</p>	<p>7</p> <p>Chicken Patty on a Bun Whole Wheat Pasta Salad Green Beans Pineapple</p> <p>Alternative Entrées Ham and Cheese Roll Up</p>	<p>8</p> <p>Beefy Nacho's Refried Beans Mexican Brown Rice Broccoli Salad Mixed Fruit Salad</p> <p>Alternative Entrées Turkey Deli</p>	<p>9</p> <p>Mini Corn Dogs Mixed Veggies Whole Wheat Bread Peaches</p> <p>Alternative Entrées Hamburger</p>	<p>10</p> <p>Last Day of School Deli Sandwich Bag of Sun Chips Baby Carrots Apple Treat</p>
13	14	15	16	17
20	21	22	23	24
<p>Have a Great Summer!</p>				
27	28	29	30	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>

Prepared From Scratch

Contains Pork

Vegetarian Entrée

Harvest of the Month

NEW

Special Mineshaft Pizza Day on June 6th.

Have a Tomato with your Burger!

When you combine foods that are high in Vitamin C with meat or cooked beans, your body makes better use of the iron from the meat. So don't forget

BREAKFAST/LUNCH PRICES

Elementary	1.40/2.20
Secondary	1.40/2.40
Reduced	\$0.30/\$0.40
Additional Milk	\$0.35
Adult	1.80/3.75
Extra Entrée	\$1.50

To check the balance in your account or for additional information, contact:
Jill Piontek, FSD
262-673-8048
piontek@hartfordt1.k12.wi.us



Milk Choice of 1%, Skim and 1% Chocolate is included with Lunch

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