School District #97 - School Lunch Menu

NOVEMBER 2017

1/2 Pint Milk Served With Each Meal · Menu Subject to Change · All Dressings are Fat Free · *All Menu Items are Less Than 30% Calories From Fat

Monday	Tuesday	Wednesday	Thursday	Friday
		1 A. Personal Cheese Pizza, Garbanzo Bean Salad, Apple Slices B. Turkey, Ham & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	2 A. BBQ Chicken Drumstick, Dinner Roll, Creamy Coleslaw, Purple Grapes B. Turkey, Ham & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	3 A. Turkey Corn Dog, Seasoned Peas, Applesauce Cup B. Turkey, Ham & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit
6 A. Pasta w/ Beef Spaghetti Sauce, Cheese Filled Breadstick, Spinach Salad, Red Delicious Apple B. Turkey & Cheese Combo Sub C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	7 A. Cheeseburger on WG Bun, Celery Sticks, Peach Slices B. Turkey & Cheese Combo Sub C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	8 A. Popcorn Chicken, Cheddar Crackers, Cherry Tomatoes, Apricot Slices B. Turkey & Cheese Combo Sub C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	9 A. French Toast Sticks Sweet Potato Bites, Purple Grapes B. Turkey & Cheese Combo Sub C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	10 A. Breaded Chicken Fillet on Whole Wheat Bun, Cooked Corn, Apple Slices B. Turkey & Cheese Combo Sub C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit
13 A. All Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Apple Slices B. Roasted Turkey & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	14 A. Chicken Fajita w/ Baked Tortilla Chips Shredded Cheese, Lettuce, Southwest Corn & Bean Salsa Orange Smiles B. Roasted Turkey & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	15 A. Mandarin Orange Chicken w/ Steamed Brown Rice, Cucumber Slices, Cinnamon Applesauce Cup B. Roasted Turkey & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	16 **THANSKSGIVING MEAL** A. Roasted Turkey, WG Dinner Roll, Mashed Potatoes & Gravy, Cranberries B. Roasted Turkey & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	17 A. 3 Cheese French Bread Pizza, Garlicky Green Beans, Gala Apple B. Roasted Turkey & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit
20 A. Mac & Cheese w/ Chicken Tenders Spinach Salad, Granny Smith Apple B. Italian Turkey & Cheese Combo Sub C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	21 A. Beef Taco Salad Shredded Cheese, Lettuce, Salsa, Refried Beans, Applesauce Cup B. Italian Turkey & Cheese Combo Sub C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit			
27 A. Spaghetti & Meatballs, Dinner Roll, Spinach Salad, Red Delicious Apple B. Turkey, Ham & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	28 A. Cheeseburger on WG Bun Carrot Sticks, Chilled Peach B. Turkey, Ham & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	29 A. Personal Cheese Pizza, Roasted Chickpeas, Apricot Slices B. Turkey, Ham & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	30 A. Crispy Chicken Drumstick, Mini Cinnamon Roll, Spring Salad, Banana B. Turkey, Ham & Cheese Sandwich C. Vegetarian Salad, mozzarella string cheese stick, WG crackers D. Flatbread Lunch Kit	

School District #97 - School Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mini Bagels Filled w/ Cinnamon Cream Cheese Fresh Fruit	2 Pancake & Sausage Breakfast-Bites Chilled Fruit	3 Blueberry Muffin Fresh Fruit
6 Breakfast Kit	7 Maple Waffle Chilled Fruit	8 Blueberry Muffin Fresh Fruit	9 Egg & Cheese Breakfast Biscuit Chilled Fruit	10 Strawberry Yogurt w/ Granola Fresh Fruit
13 Breakfast Kit	14 Steel Cut Oatmeal Turkey Sausage, Dried Cranberries	15 Mini Bagels Filled w/ Strawberry Cream Cheese Fresh Fruit	16 Egg & Bacon Breakfast Pizza Chilled Fruit	17 Blueberry Muffin Fresh Fruit
20 Breakfast Kit	21 Blueberry Waffle Chilled Fruit	22	23 	24
27 Breakfast Kit	28 Mini Pancakes w/ Syrup Chilled Fruit	29 Mini Bagels Filled w/ Straw-berry Cream Cheese Fresh Fruit	30 Cinnamon-Swirl French Toast Chilled Fruit	