

SCHOOL District #97 - School Lunch Menu

BEYE, HATCH, HOLMES, IRVING, LINCOLN, LONGFELLOW, MANN, WHITTIER

AUGUST/SEPTEMBER 2010

1/2 Pint Milk Served With Each Meal • Menu Subject to Change • All Dressings are fat free • *Contains Beef • **Contains Pork • ***Contains Turkey • #Whole Grain Food • †Freshly Made at School From Scratch • All menus are less than 30% calories from fat

Monday	Tuesday	Wednesday	Thursday	Friday
		25	26	27
		A. Chicken Fingers w/BarBQ Sauce B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Seasoned Corn & Beans Fresh Banana Physedible Goldfish Crackers#	A. Cheese Pizza# B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Crisp Broccoli Florets w/Ranch Dip Homemade Cherry Crisp	A. Hamburger* in Bun# Ketchup and Mustard B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Seasoned Carrots Lunch Bunch Grapes
30	31	1	2	3
A. Pasta# w/ Marinara Sauce B. Vegetarian Salad C. Ham & Cheese on Whole Wheat Bread Mozzarella String Cheese Tossed Salad w/Italian Dressing Chilled Applesauce Wheat Dinner Roll#	A. Hot Dog in a Bun# Ketchup and Mustard B. Vegetarian Salad C. Ham & Cheese on Whole Wheat Bread Mrs. P. Lentil Soup Crisp Broccoli Florets w/Ranch Dip Chilled Pears	A. Turkey Burger in a Bun# Ketchup and Mustard B. Vegetarian Salad C. Ham & Cheese on Whole Wheat Bread Fresh from the Farm Corn on the Cob Fresh Watermelon	<i>Ethnic Celebration Day Asian</i> A. Orange Chicken over steamed brown rice+ B. Vegetarian Salad C. Ham & Cheese on Whole Wheat Bread Oriental Salad Chilled Peaches Fortune Cookie	A. Soft Shell# Beef Taco* w/shredded cheese Lettuce & Sauce B. Vegetarian Salad C. Ham & Cheese on Whole Wheat Bread Refried Beans Fresh Carrot Sticks w/Ranch Dip Homemade Apple Crisp
6	7	8	9	10
<i>No School Labor Day</i>	A. Pasta# w/Meat Sauce* B. Caesar Salad C. American Submarine Spinach Salad w/Italian Dressing Chilled Peaches Wheat Dinner Roll#	A. Beef Fiestada# with Lettuce and Salsa B. Caesar Salad C. American Submarine Red Beans and Brown Rice Seasoned Green Beans Fresh Orange Smiles	A. Pizza Dippers# w/Marinara Sauce B. Caesar Salad C. American Submarine Seasoned Carrots Fresh Peach	A. Grilled Chicken in a Bun# w/mayo p.c. B. Caesar Salad C. American Submarine Whipped Potatoes/ Gravy Fresh Apple Slices
13	14	15	16	17
A. Ravioli B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Tossed Salad w/Italian Dressing Chilled Mixed Fruit Wheat Dinner Roll#	A. Pepperoni Pizza# B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Seasoned Corn & Beans Fresh Pear	A. RF Macaroni & Cheese & Chicken Fingers w/BarBQ Sauce B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Seasoned Peas Fresh Orange Smiles Physedible Goldfish Crackers#	A. Roasted Chicken B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Fresh Baby Carrots w/Ranch Dip Chilled Applesauce Cup Chocolate Chip Cookie#	A. Soft Shell# Turkey Fajita w/shredded cheese Lettuce & Sauce B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Refried Beans Crisp Broccoli Florets w/Ranch Dip Chilled Peaches
20	21	22	23	24
A. Sloppy Joe + in Whole Wheat Bun# B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Seasoned Green Beans Fresh Apple Slices	A. Teriyaki Roasted Chicken B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Fresh Baby Carrots w/Ranch Dip Chilled Pear Cup Physedible Goldfish Crackers#	A. Ziti with Broccoli, Turkey & Sun-Dried Tomatoes + B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Fresh from the Farm Blueberries Physedible Goldfish Crackers#	A. Whole Grain Cheesy Twisted Bread Stix B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Seasoned Corn Fresh Jicama Slices	A. Whole Grain Chicken Quesadilla B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Red Beans & Brown Rice Spinach Salad w/Italian Dressing Chilled Peaches Sugar Cookie#