School District #97 - School Lunch Menu NONFMERER 2018

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 A. Cinnamon French A. Homestyle Chicken Drumsticks & Mini Toast Sticks w/ Cinnamon Roll, Syrup, breakfast potatoes, applesauce spinach salad chilled pear halves B. Turkey Combo Sub B. Turkey Combo Sub C. Vegetarian Chef C. Vegetarian Chef Salad, mozzarella Salad, mozzarella string cheese stick, WG string cheese stick, WG crackers crackers D. Pizza Kit D. Pizza Kit 6 7 9 8 A. Pasta w/ Meatballs & A. French Bread Cheese A. Mini Pancakes & A. Chicken Taco on Baked Tortilla Chips. Marinara Sauce. Pizza, fresh vegetable Turkey Sausag Links, sticks, chilled peaches orange veggie smoothie, with salsa, cheese & Dinner Roll, Spring lettuce, black beans B. Turkey, Ham & apple slices Mix Salad B. Turkey, Ham & salad, seasonal fruit B. Turkey, Ham & Cheese & Sandwich 5CHOOL B. Turkey, Ham & Cheese & Sandwich Cheese & Sandwich C. Vegetarian Chef Cheese & Sandwich C. Vegetarian Chef Salad, mozzarella C. Vegetarian Chef C. Vegetarian Chef string cheese stick, WG Salad, mozzarella Salad, mozzarella string cheese stick, WG Salad, mozzarella string cheese stick, WG crackers crackers string cheese stick, WG D. Pizza Kit crackers D. Pizza Kit crackers D. Pizza Kit D. Pizza Kit 12 13 14 15 16 A. Macaroni & Cheese A. Beef or Bean Taco A. Personal Cheese **THANSKSGIVING** A. Breaded Chicken w/ Chicken Tenders, Bowl & Baked Pizza, spring salad mix MEAL Fillet Sandwich, chilled peach slices celery sticks, applesauce Tortilla Chips, w/ green peas, seasonal A. Turkey Dinner, w/ salsa, cheese & lettuce, B. Turkey Sandwich Mashed Potatoes fruit B. Turkey Sandwich B. Turkey Sandwich refried beans, quartered C. Vegetarian Chef B. Turkey Sandwich C. Vegetarian Chef oranges C. Vegetarian Chef Salad, mozzarella C. Vegetarian Chef B. Turkey Sandwich Salad, mozzarella string cheese stick, WG Salad, mozzarella Salad, mozzarella string cheese stick, WG C. Vegetarian Chef string cheese stick, WG crackers string cheese stick, WG D. Pizza Kit crackers Salad, mozzarella crackers crackers D. Pizza Kit D. Pizza Kit string cheese stick, WG D. Pizza Kit crackers D. Pizza Kit 19 20 A. Mac & Cheese w/ A. Beef Taco Salad Shredded Cheese, Chicken Tenders Lettuce, Salsa, Refried Spinach Salad, Granny Smith Apple Beans, Applesauce Cup B. Italian Turkey & B. Italian Turkey & Cheese Combo Sub Cheese Combo Sub C. Vegetarian Salad, C. Vegetarian Salad, mozzarella string cheese mozzarella string cheese stick, WG crackers stick, WG crackers D. Flatbread Lunch Kit D. Flatbread Lunch Kit 26 27 28 29 30 A. Pasta w/ Meatballs & A. BBQ Chicken A. French Bread Cheese A. Mini Pancakes & A. Chicken Taco on Marinara Sauce, Drumstick, & Pizza, fresh vegetable Turkey Sausag Links, Baked Tortilla Chips, Dinner Roll, Spring Cornbread, Garlicky sticks, chilled peaches orange veggie smoothie, with salsa, cheese & apple slices lettuce, black beans B. Turkey, Ham & Mix Salad Green Beans, Dried B. Turkey, Ham & salad, seasonal fruit B. Turkey, Ham & Cranberries Cheese & Sandwich B. Turkey, Ham & B. Turkey, Ham & Cheese & Sandwich Cheese & Sandwich C. Vegetarian Chef Cheese & Sandwich Cheese & Sandwich C. Vegetarian Chef C. Vegetarian Chef Salad, mozzarella C. Vegetarian Chef C. Vegetarian Chef string cheese stick, WG Salad, mozzarella Salad, mozzarella

Salad, mozzarella

crackers D. Pizza Kit

string cheese stick, WG

string cheese stick, WG

crackers

D. Pizza Kit

crackers

D. Pizza Kit

Salad, mozzarella

crackers

D. Pizza Kit

string cheese stick, WG

string cheese stick, WG

crackers

D. Pizza Kit

School District #97 - School Breakfast 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
			Mini Bagels Filled w/ Cinnamon Cream Cheese Fresh Fruit	Pancake & Sausage BreakfastBites Chilled Fruit	Blueberry Muffin Fresh Fruit
-	6	7	8	9	10
	Breakfast Kit	Maple Waffle Chilled Fruit	Blueberry Muffin Fresh Fruit	Egg & Cheese Breakfast Biscuit Chilled Fruit	Strawberry Yogurt w/ Gran- ola Fresh Fruit
	13	14	15	16	17
	Breakfast Kit	Steel Cut Oatmeal Turkey Sausage, Dried Cranberries	Mini Bagels Filled w/ Strawberry Cream Cheese Fresh Fruit	Egg & Bacon Breakfast Pizza Chilled Fruit	Blueberry Muffin Fresh Fruit
•	20	21	22	23	24
	Breakfast Kit	Blueberry Waffle Chilled Fruit	8.	pie R cider y family eazibessings family acorns f acorns f acorns f acorns f acorns f acorns s cocoa pumpkins cocoa	
Ī	27	28	29	30	
	Breakfast Kit	Mini Pancakes w/ Syrup Chilled Fruit	Mini Bagels Filled w/ Straw- berry Cream Cheese Fresh Fruit	Cinnamon-Swirl French Toast Chilled Fruit	