



DISTRICT 181 MIDDLE SCHOOLS

LUNCH MENU FOR DECEMBER 2011

LUNCH PRICES

Lunch Meal: \$3.75- includes choice of entree, choice of 2 sides and milk
If you get the lunch meal, and want organic milk it is \$4.75

entree choices are:

daily specials, cheese pizza, deli sandwiches made to order, salad bowls made to order, pre-made deli sandwich, pre-made salad bowl, chicken filet sandwich, chicken tenders, and cheeseburgers

choice of sides are:

baked fries, vegetables listed as daily specials, fruit cup and whole fruit.

Organic Milk is \$1.50

Milk Choices Daily \$.40
(2% White, 1%Chocolate),
Organic Milk \$1.50



COMMITMENT TO WELLNESS

All Breads are Whole Grain
All Pastas are Whole Wheat
All Rice is Brown Rice
All Pizza Crust is Whole Wheat
Questions/Suggestions call:

Helen Matsikas-CHMS
630-887-4260 ext 1806

Laura Allgaier- HMS
630-654-6313

elena@questfms.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Daily Lunch Specials Baked Mostaccioli Marinara Chicken Parmesan Sandwich Father & Son Sausage Pizza Daily Vegetable/Fruit Specials Fresh Petite Banana Warm Garlic Breadstick	2 Daily Lunch Specials Creamy Mac & Cheese Crispy Chicken Zinger Father & Son Veggie Pizza Daily Vegetable/Fruit Specials Steamed Broccoli Whole Grain Dinner Roll
5 Daily Lunch Specials Mini Hot Dogs BBQ Ribette Sandwich Father & Son Pepperoni Pizza Daily Vegetable/Fruit Specials Garden Tossed Salad Seasoned Green Beans	6 Daily Lunch Specials Beef Nachos Grande All Natural BBQ Chicken Breast Father & Son Cheese Pizza Daily Vegetable/Fruit Specials Whole Bartlet Pear Seasoned Brown Rice	7 Daily Lunch Specials Chicken Fried Rice Buffalo Chicken Wrap Father & Son Sausage Pizza Daily Vegetable/Fruit Specials Asian Stir Fry Vegetables Whole Red Apple	8 Daily Lunch Specials Creamy Pasta Alfredo Deluxe Deli Submarine Sandwich Father & Son Cheese Pizza Daily Vegetable/Fruit Specials Warm Garlic Breadstick Seasoned Green Peas	9 Daily Lunch Specials Crispy Chicken Snackers Bacon Swiss Burger Personal Pan Pizza Daily Vegetable/Fruit Specials Oven Baked Fries Fresh Veggies & Ranch Dip
12 Daily Lunch Specials **New** Egg & Cheese Biscuit served with Fresh Baked Cinnamon Roll Toasted Italian Submarine Father & Son Cheese Pizza Daily Vegetable/Fruit Specials Oven Baked French Fries Fresh Orange Smiles	13 Daily Lunch Specials Housemade Italian Beef Sandwich Grilled Chicken Asian Salad Father & Son Veggie Pizza Daily Vegetable/Fruit Specials Garden Tossed Salad Whole Fresh Red Apple	14 Daily Lunch Specials Homemade Meatloaf Popcorn Chicken Father & Son Pepperoni Pizza Daily Vegetable/Fruit Specials Mashed Potatoes & Gravy Seasonal Fresh Fruit Cup	15 Daily Lunch Specials Pasta & Meat Sauce Crispy Chicken Caesar Salad Father & Son Sausage Pizza Daily Vegetable/Fruit Specials Fresh Broccoli Tops Warm Garlic Breadstick	16 Daily Lunch Specials Baked Chicken Tenders Grilled Cheese Sandwich Father & Son Cheese Pizza **special holiday treat** Daily Vegetable/Fruit Specials Fresh Orange Smiles Small Cream of Tomato Soup
<h1>WINTER HOLIDAY VACATION</h1>				

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Website for online payments nutritional information virtual café portal