



DISTRICT 181 MIDDLE SCHOOLS

LUNCH MENU FOR JANUARY 2012

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 <u>Daily Lunch Specials</u> Cheese Quesadilla BBQ Rib Sandwich Father & Son Cheese Pizza <u>Daily Vegetable/Fruit Specials</u> Seasoned Brown Rice Confetti Corn	4 <u>Daily Lunch Specials</u> All Natural BBQ Chicken Breast Chopped Chef Salad Father & Son Pepperoni Pizza <u>Daily Vegetable/Fruit Specials</u> Mashed Potatoes & Gravy Steamed Capri Blend Vegetables	5 <u>Daily Lunch Specials</u> Spaghetti & Meatballs Philly Cheese Steak Sandwich Father & Son Sausage Pizza <u>Daily Vegetable/Fruit Specials</u> Steamed Fresh Broccoli Tops Warm Garlic Breadstick	6 <u>Daily Lunch Specials</u> Oven Baked Chicken Tenders Crispy Buffalo Chicken Zinger Father & Son Cheese Pizza <u>Daily Vegetable/Fruit Specials</u> Oven Baked Crinkle Cut Potatoes Seasonal Fresh Fruit Cup
9 <u>Daily Lunch Specials</u> Creamy Homemade Mac & Cheese Tuna Melt Father & Son Veggie Pizza <u>Daily Vegetable/Fruit Specials</u> Garden Tossed Salad Baked in House Whole Wheat Roll	10 <u>Daily Lunch Specials</u> Homemade Chipotle Beef Burrito Baked Taco Salad Bowl Father & Son Cheese Pizza <u>Daily Vegetable/Fruit Specials</u> Seasoned Black Beans Spanish Style Brown Rice	11 <u>Daily Lunch Specials</u> Homemade Chicken Ala King Fresh Baby Spinach Salad Father & Son Pepperoni Pizza <u>Daily Vegetable/Fruit Specials</u> Seasoned Green Beans Freshly Baked Herb Biscuit	12 <u>Daily Lunch Specials</u> Baked Penne Marinara Housemade Chicken Parmesan Father & Son Sausage Pizza <u>Daily Vegetable/Fruit Specials</u> Warm Garlic Breadstick Seasoned Green Peas	13 <u>Daily Lunch Specials</u> Very Veggie Fried Rice w/Egg Roll Grilled Chicken Asian Salad Father & Son Cheese Pizza <u>Daily Vegetable/Fruit Specials</u> Garden Tossed Salad Whole Fresh Red Apple
16 NO SCHOOL	17 NO SCHOOL	18 <u>Daily Lunch Specials</u> Herb Roasted Chicken Baked Chicken Rings Father & Son Pepperoni Pizza <u>Daily Vegetable/Fruit Specials</u> Mashed Potatoes & Gravy Baked in House Whole Wheat Roll	19 <u>Daily Lunch Specials</u> Penne Bolognese Housemade Italian Beef Father & Son Cheese Pizza <u>Daily Vegetable/Fruit Specials</u> Fresh Broccoli Tops Warm Garlic Breadstick	20 <u>Daily Lunch Specials</u> Grilled Cheese Sandwich Honey BBQ Chicken Wrap Father & Son Sausage Pizza <u>Daily Vegetable/Fruit Specials</u> Fresh Orange Smiles Small Cream of Tomato Soup
23 <u>Daily Lunch Specials</u> Homemade French Toast served w/Turkey Sausage All Beef Chicago Style Hot Dog Father & Son Cheese Pizza <u>Daily Vegetable/Fruit Specials</u> Cinnamon Glazed Apple Slices Hashbrown Potatoes	24 <u>Daily Lunch Specials</u> Chipotle Chicken Rice Bowl Toasted Ham & Cheese Flatbread Father & Son Pepperoni Pizza <u>Daily Vegetable/Fruit Specials</u> Garden Tossed Salad Oven Baked Crinkle Cut Fries	25 <u>Daily Lunch Specials</u> Housemade Meatloaf Oven Baked Chicken Nuggets Father & Son Sausage Pizza <u>Daily Vegetable/Fruit Specials</u> Sweet Corn Mashed Potatoes & Gravy	26 <u>Daily Lunch Specials</u> Creamy Chicken Fettucini Alfredo Chopped BLT Salad Bowl Father & Son Veggie Pizza <u>Daily Vegetable/Fruit Specials</u> Steamed Fresh Broccoli Tops Warm Garlic Breadstick	27 <u>Daily Lunch Specials</u> Crispy Caesar Chicken Wrap Bacon BBQ Chicken Sandwich Father & Son Cheese Pizza <u>Daily Vegetable/Fruit Specials</u> Fresh Petite Banana Oven Baked Crinkle Cut Fries
30 <u>Daily Lunch Specials</u> Toasted Garlic Chicken Grinder Italian Meatball Submarine Father & Son Pepperoni Pizza <u>Daily Vegetable/Fruit Specials</u> Whole Bartlett Pear Mini Caesar Chopped Salad	31 <u>Daily Lunch Specials</u> Sloppy Joes Sandwich Chicken Frisco Melt Personal Pan Pizza <u>Daily Vegetable/Fruit Specials</u> Seasoned Potato Wedges Fresh Orange Smiles	www.mynutrikids.com Website for online payments nutritional information virtual café portal		