



DISTRICT 181 MIDDLE SCHOOLS

LUNCH MENU FOR OCTOBER 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
menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Daily Lunch Specials Creamy Mac & Cheese Double Corn Dog Father & Son Sausage Pizza Daily Vegetable Specials Mixed Vegetables Fresh Fruit Cup	4 Daily Lunch Specials Beef & Bean Burrito Southern Style Chicken Sandwich Father & Son Cheese Pizza Daily Vegetable Specials Seasoned Rice Confetti Corn	5 Daily Lunch Specials Sloppy Joes Sandwich Ranch Chicken Sandwich Father & Son Cheese Pizza Daily Vegetable Specials Oven Baked Fries Carrots & Celery Sticks	6 Daily Lunch Specials Penne w/Meat Sauce Asian Chicken Salad Father & Son Veggie Pizza Daily Vegetable Specials Green Beans Warm Garlic Breadstick	7 Daily Lunch Specials BBQ Rib Sandwich Grilled Cheese Sandwich Father & Son Sausage Pizza Daily Vegetable Specials Tomato Soup Fresh Orange Smiles
10 NO SCHOOL Columbus Day	11 NO SCHOOL Institute Day	12 Daily Lunch Specials Baked Chicken Nuggets Baked Potato Bar Father & Son Sausage Pizza Daily Vegetable Specials Mashed Potatoes & Gravy Fresh Watermelon Wedge	13 Daily Lunch Specials Pasta Marinara Chicken Casesar Salad Father & Son Veggie Pizza Daily Vegetable Specials Garden Tossed Salad Warm Garlic Breadstick	14 Daily Lunch Specials Chicken Fried Rice Buffalo Chicken Wrap Father & Son Sausage Pizza Daily Vegetable Specials Oriental Vegetable Stir Fry Whole Michigan Red Apple
17 Daily Lunch Specials Turkey BLT Wrap Baked Chicken Tenders Father & Son Cheese Pizza Daily Vegetable Specials Homemade Pasta Salad Fresh Fruit Cup	18 Daily Lunch Specials Cheese Quesadillas Chicken Frisco Melt Father & Son Veggie Pizza Daily Vegetable Specials Mexi-Corn Fresh Seasonal Plum	19 Daily Lunch Specials Veggie Lo Mein Chicago Style All Beef Hot Dog Father & Son Pepperoni Pizza Daily Vegetable Specials Spicy Potato Wedges Carrot Sticks	20 Daily Lunch Specials Penne w/Meat Balls Crispy Chicken Pita Father & Son Sausage Pizza Daily Vegetable Specials Fresh Broccoli Fresh Fruit Cup	21 Daily Lunch Specials Toasted Garlic Chicken Grinder Double Corn Dog Father & Son Pepperoni Pizza Daily Vegetable Specials Fresh Orange Smiles Oven Baked Fries
24 Daily Lunch Specials Philly Cheese Steak Sandwich BBQ Chicken Sandwich Father & Son Cheese Pizza Daily Vegetable Specials Celery Sticks & Dip Whole Michigan Red Apple	25 Daily Lunch Specials Nachos Grande Taco Salad Bowl Father & Son Pepperoni Pizza Daily Vegetable Specials Fresh Fruit Salad Confetti Corn	26 Daily Lunch Specials Baked Chicken Rings BLT Chopped Salad Bowl Father & Son Veggie Pizza Daily Vegetable Specials Mashed Potatoes & Gravy Fresh Watermelon Wedge	27 Daily Lunch Specials Pasta Primavera Alfredo Deluxe Deli Submarine Father & Son Cheese Pizza Daily Vegetable Specials Green Peas Warm Garlic Breadstick	28 Daily Lunch Specials Baked Chicken Tenders BBQ Cheeseburger Father & Son Sausage Pizza Daily Vegetable Specials Fresh Broccoli Oven Baked Fries
31 Happy Halloween!! Daily Lunch Specials Graveyard Stew Mummy in a Tomb Vampire Pizza Daily Vegetable Specials Ghoul Slime Skeleton Bones			<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>www.mynutrikids.com</p> <p>Website for online payments nutritional information virtual café portal</p> </div>	