



# DISTRICT 181 MIDDLE SCHOOLS

## LUNCH MENU FOR SEPTEMBER 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	
<a href="http://www.mynutrikids.com">www.mynutrikids.com</a> Website for online payments nutritional information virtual café portal		 Secure Deposits. Interactive Menus. Nutrition Information		<b>1 SEPT</b> Daily Lunch Specials <b>Pasta Marinara</b> <b>Chicken Parmesan Sandwich</b> <b>Father &amp; Son Pepperoni Pizza</b>  Daily Vegetable Specials <b>Garden Tossed Salad</b> <b>Warm Garlic Breadstick</b>	<b>2 SEPT</b> Daily Lunch Specials <b>Orange Chicken &amp; Rice Bowl</b> <b>Grilled Turkey &amp; Swiss Flatbread</b> <b>Father &amp; Son Cheese Pizza</b>  Daily Vegetable Specials <b>Stir Fry Vegetables</b> <b>Fresh Fruit Salad</b>
<b>5 SEPT</b>  <b>NO SCHOOL</b> <b>LABOR DAY</b>	<b>6 SEPT</b> Daily Lunch Specials <b>Crispy Chicken Snacker</b> <b>Taco Bake</b> <b>Father &amp; Son Sausage Pizza</b>  Daily Vegetable Specials <b>Seasoned Black Beans</b> <b>Fresh Orange Wedges</b>	<b>7 SEPT</b> Daily Lunch Specials <b>Popcorn Chicken</b> <b>Southwest Chicken Salad</b> <b>Father &amp; Son Pepperoni Pizza</b>  Daily Vegetable Specials <b>Mashed Potatoes &amp; Gravy</b> <b>Fresh Watermelon Wedge</b>	<b>8 SEPT</b> Daily Lunch Specials <b>Baked Mostaccioli</b> <b>Toasted Italian Submarine</b> <b>Father &amp; Son Cheese Pizza</b>  Daily Vegetable Specials <b>Warm Garlic Breadstick</b> <b>Oven Baked French Fries</b>	<b>9- SEPT</b> Daily Lunch Specials <b>Chicken Ranch Wrap</b> <b>Chicago Style Hot Dog</b> <b>Father &amp; Son Sausage Pizza</b>  Daily Vegetable Specials <b>Honey Glazed Carrots</b> <b>Whole Michigan Red Apple</b>	
<b>12 SEPT</b> Daily Lunch Specials <b>Italian Chicken Grinder</b> <b>French Toast Sticks w/Sausage</b> <b>Father &amp; Son Pepperoni Pizza</b>  Daily Vegetable Specials <b>Baked Cinnamon Apples</b> <b>Hashbrowns</b>	<b>13 SEPT</b> Daily Lunch Specials <b>Two Beef Soft Shell Tacos</b> <b>Buffalo Chicken Sandwich</b> <b>Father &amp; Son Cheese Pizza</b>  Daily Vegetable Specials <b>Fresh Fruit Salad</b> <b>Lettuce &amp; Tomatoes</b>	<b>14 SEPT</b> Daily Lunch Specials <b>Cheeseburger Sliders</b> <b>Stuffed Baked Potato w/toppings</b> <b>Father &amp; Son Sausage Pizza</b>  Daily Vegetable Specials <b>Fresh Broccoli</b> <b>Oven Baked French Fries</b>	<b>15 SEPT</b> Daily Lunch Specials <b>Pasta w/Meat Sauce</b> <b>Double Corn Dogs</b> <b>Father &amp; Son Veggie Pizza</b>  Daily Vegetable Specials <b>Warm Garlic Breadstick</b> <b>Fresh Fruit Salad</b>	<b>16 SEPT</b> Daily Lunch Specials <b>Grilled Cheese Sandwich</b> <b>Crispy Chicken Zinger Wrap</b> <b>Father &amp; Son Pepperoni Pizza</b>  Daily Vegetable Specials <b>Garden Tossed Salad</b> <b>Cream of Tomato Soup</b>	
<b>19 SEPT</b> Daily Lunch Specials <b>Philly Cheese Steak Sandwich</b> <b>Grilled Chicken Caesar Salad</b> <b>Father &amp; Son Cheese Pizza</b>  Daily Vegetable Specials <b>Celery Sticks &amp; Dip</b> <b>Whole Michigan Red Apple</b>	<b>20 SEPT</b> Daily Lunch Specials <b>Chipotle Chicken Enchilada</b> <b>Grilled Ham &amp; Cheese Flatbread</b> <b>Father &amp; Son Sausage Pizza</b>  Daily Vegetable Specials <b>Fresh Fruit Salad</b> <b>Confetti Corn</b>	<b>21 SEPT</b> Daily Lunch Specials <b>Italian Meatball Submarine</b> <b>BLT Chopped Salad Bowl</b> <b>Father &amp; Son Pepperoni Pizza</b>  Daily Vegetable Specials <b>Seasoned Potato Wedges</b> <b>Fresh Watermelon Wedge</b>	<b>22 SEPT</b> Daily Lunch Specials <b>Pasta Alfredo</b> <b>Deluxe Deli Submarine</b> <b>Father &amp; Son Cheese Pizza</b>  Daily Vegetable Specials <b>Warm Garlic Breadstick</b> <b>Garden Tossed Salad</b>	<b>23 SEPT</b> Daily Lunch Specials <b>Crispy Chicken Pita</b> <b>Oven Baked Chicken Tenders</b> <b>Father &amp; Son Sausage Pizza</b>  Daily Vegetable Specials <b>Seasoned Green Beans</b> <b>Baby Carrots &amp; Dip</b>	
<b>26 SEPT</b> Daily Lunch Specials <b>Homemade Meatloaf</b> <b>Toasted Italian Submarine</b> <b>Father &amp; Son Pepperoni Pizza</b>  Daily Vegetable Specials <b>Mashed Potatoes &amp; Gravy</b> <b>Fresh Fruit Salad</b>	<b>27 SEPT</b> Daily Lunch Specials <b>Nachos Grande</b> <b>Oven Baked Chicken Nuggets</b> <b>Father &amp; Son Cheese Pizza</b>  Daily Vegetable Specials <b>Seasoned Brown Rice</b> <b>Whole Michigan Green Apple</b>	<b>28 SEPT</b> Daily Lunch Specials <b>Asian Chicken Salad Bowl</b> <b>3-D Cheeseburger</b> <b>Father &amp; Son Sausage Pizza</b>  Daily Vegetable Specials <b>Oven Baked French Fries</b> <b>Fresh Orange Wedges</b>	<b>29 SEPT</b> Daily Lunch Specials <b>Pasta &amp; Meatballs</b> <b>Chicken Frisco Melt</b> <b>Father &amp; Son Veggie Pizza</b>  Daily Vegetable Specials <b>Warm Garlic Breadstick</b> <b>Fresh Broccoli</b>	<b>30 SEPT</b> Daily Lunch Specials <b>Oven Baked Chicken Rings</b> <b>Buffalo Chicken Wrap</b> <b>Father &amp; Son Pepperoni Pizza</b>  Daily Vegetable Specials <b>Mashed Potatoes &amp; Gravy</b> <b>Fresh Fruit Salad</b>	