



2018 January

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Have a Great Winter Break!				
8	9	10	11	12
<p>Baked Mostaccioli & Garlic Bread or Popcorn Chicken Steamed Broccoli Baked Potato Rounds Cherry Juice</p>	<p>Macaroni & Cheese w/Whole Grain Roll or Mini Corn Dogs Cucumber Slices Ripe Tomatoes Tropical Pineapple</p>	<p>Rotini & Meatballs In Tomato Basil Sauce or French Toast Sticks Sweet Peas Kidney Beans Bartlett Pears</p>	<p>Chipotle Grilled Chicken Wrap or Toasted Cheese Sandwich BBQ Baked Beans Baked Sweet Potatoes Crisp Apple</p>	<p>Tony's Cheese Pizza or Fish & Cheese Sandwich Zucchini Squash Romaine Salad Orange Smiles</p>
15	16	17	18	19
<p>NO SCHOOL Martin Luther King Day</p>	<p>Zesty Chicken Tacos Or Pizza Dippers w/Tomato Basil Sauce Cucumber Slices Ripe Tomatoes Applesauce</p>	<p>Popcorn Chicken or Fresh Fruit & Yogurt Plate Steamed Broccoli Baby Carrots Fresh Grapes Mini Blueberry Treat w/Lunch Purchase</p>	<p>Homemade Cheese Quesadilla or Mini Turkey Corn Dogs Sweet Peas Steamed Green Beans Bartlett Pears</p>	<p>Tony's Cheese Pizza or Hot Dog on Bun Baked Potato Rounds Spinach Cling Peaches</p>
22	23	24	25	26
<p>Beef Quesadilla Pizza or French Toast Sticks Sweet Peas Cucumber Slices Crisp Apple</p>	<p>Cheeseburger or Hummus & Fresh Veggies w/Pita Chips Steamed Broccoli BBQ Baked Beans Mixed Fruit</p>	<p>Baked Potato w/Broccoli, Cheese & Garlic Biscuit or Turkey Tacos Glazed Carrots Sautéed Spinach Cling Peaches</p>	<p>Toasted Cheese Sandwich or Chicken Nuggets & Roll Seasoned Green Beans Whole Kernel Corn Apple Juice</p>	<p>Tony's Cheese Pizza or Hot & Spicy Chicken Sandwich Baked Potato Puffs Garbanzo Beans Chilled Applesauce</p>
29	30	31	<p>Lunch \$2.86 (Milk included with meal)</p> <p>Milk 65¢ Offered Daily: Fat Free Flavored Fat Free White 1% White</p>	
<p>Zesty Chicken Tacos or Mini Turkey Corn Dogs Fresh Cucumber Slices Pinto Beans Raspberry Juice</p>	<p>Chicken Nuggets & Roll or Homemade Cheese Quesadilla Sautéed Spinach Mixed Veggies Chilled Applesauce</p>	<p>Nacho Supreme w/Taco Meat & Cheese or Turkey & Cheese Wrap Whole Kernel Corn Ripe Tomatoes Mixed Fruit</p>		



Farm Fresh Produce
featuring... **Blueberries**
Did you know freezing blueberries and other produce helps to keep the nutrients inside?

Available Daily

Peanut Butter & Jelly Sandwich
Cheese Sandwich
Meatless Garden Salad w/Cheese
Deli Turkey Submarine Sandwich
Fruit & Veggies with Every Meal

Enjoy a
MINI BLUEBERRY PARFAIT
With Any Lunch Purchased on
JANUARY 17

Questions

Call Marv Barishman
Food Service Director
847-568-7586

Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

For more information or to "Ask the Dietitian", check out our website!