

Skokie District 68 Elementary Schools JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<div style="border: 2px solid red; padding: 10px; display: inline-block;"> HAPPY NEW YEAR! WINTER BREAK- NO SCHOOL </div>				
7	8	9	10	11
WELCOME BACK! Cheese Pizza With Whole Grain Crust or Italian Meatball Sub w/ Mozzarella Cheese Fruit & Veggies	Spicy Chicken Sandwich on Whole Grain Bun or Toasted Cheese Sandwich Fruit & Veggies	Nacho Supreme w/Turkey Taco Meat & Shredded Cheese or Cheese Stuffed Whole Grain Sticks Fruit & Veggies	Finger Fun Whole Grain French Toast Sticks or Chicken Tenders With Whole Grain Roll Fruit & Veggies	Cheesy Burger on Whole Grain Bun or Homemade Cheese Quesadilla on Whole Grain Tortillas Fruit & Veggies
14	15	16	17	18
Soft Tacos w/Turkey Taco Meat & Shredded Cheese or Chicken Sandwich on Whole Grain Bun Fruit & Veggies	Chicken Nuggets and Whole Grain Roll or Homemade Mac & Cheese with Garlic Bread Fruit & Veggies	Cheese Pizza With Whole Grain Crust or Hot Dog on Whole Grain Bun Fruit & Veggies <small>Mini Blueberry Treat w/Lunch Purchase</small>	Whole Grain Buttermilk Pancakes w/Egg Patty or Fresh Cut Fruit Plate with Fruity Yogurt Fruit & Veggies	Fish Fillet Sandwich With Cheese on Whole Grain Bun or Cheese Stuffed Whole Grain Sticks Fruit & Veggies
21	22	23	24	25
MARTIN LUTHER KING DAY NO SCHOOL	Nacho Supreme w/Taco Meat & Shredded Cheese Or Cheese Stuffed Whole Grain Sticks Fruit & Veggies	Cheesy Garlic Flatbread or Salisbury Steak w/Smashed Potatoes and Gravy & Roll Fruit & Veggies	Baked Pasta with Mozzarella Cheese & Garlic Bread or Cheesy Burger Fruit & Veggies	Cheese Pizza With Whole Grain Crust or Mini Corn Dogs Fruit & Veggies
28	29	30	31	
Cheese Stuffed Whole Grain Sticks or Chicken Sandwich on Whole Grain Bun Fresh Coleslaw Fruit & Veggies	Soft Tacos w/Turkey Taco Meat & Shredded Cheese or Cheese Pizza on a Whole Grain Crust Fruit & Veggies	Homemade Cheese Quesadilla on Whole Grain Tortillas or Mini Corn Dogs BBQ Baked Beans Fruit & Veggies	Chicken Nuggets and Whole Grain Bun or Homemade Mac & Cheese Steamed Broccoli Fruit & Veggies	

Enjoy a Free
MINI BERRY PARFAIT
With Any Lunch On January
16th

Lunch \$2.90	Milk \$.65
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Questions about the menu?
Marv Barishman
arbor@skokie68.org
847-568-7586

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

- Additional Entrées
Available Daily:
- Peanut Butter & Jelly Sandwich
 - American Cheese Sandwich
 - Meatless Garden Salad with
Cheese & Whole Grain Roll
 - Turkey Cold-Cut Submarine

choice of 2 vegetables
& Fruit with every meal

Items in Green are the
Vegetarian Choice

Menu changes are occasionally
necessary. Notice will be given when possible.
This institution is an equal opportunity
employer.