

Elementary Schools Skokie District 68

APRIL 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Pizza With Whole Grain Crust or Italian Meatball Sub With Melted Cheese Steamed Broccoli Whole Kernel Corn Fruit Choice	2 Spicy Chicken Sandwich on WG Bun Or Toasted Cheese Sandwich Sliced Cucumbers Green Peas Fruit Choice	3 Nacho Supreme w/Turkey Taco Meat & Shredded Cheese or Cheese Stuffed W G Stuffed Sticks & Dip Seasoned Green Beans Carroteenies Fruit Choice	4 Finger Fun Whole Grain French Toast Sticks or Chicken Tenders With Whole Grain Roll Crispy Hash Browns Diced Tomatoes Fruit Choice	5 Cheesy Burger on Whole Grain Bun or Cheese Quesadilla on Whole Grain Tortillas Fresh made Coleslaw BBQ Baked Beans Fruit Choice
8 Soft Turkey Taco With Cheese or Chicken Sandwich on Whole Grain Bun Whole Kernel Corn Steamed Spinach Fruit Choice	9 Chicken Nuggets and Whole Grain Roll or Homemade Mac & Cheese & Roll BBQ Baked Beans Herbed Fresh Baby Carrots Fruit Choice	10 Cheese Pizza With Whole Grain Crust or Hot Dog on Whole Grain Bun Green Peas Sliced Cucumbers Fruit Choice	11 Whole Grain Pancakes With Egg Patty or Fresh Cut Fruits Plate with Fruity Yogurt Green Beans Chilled Broccoli Buds Fruit Choice	12 Fish & Cheese Sandwich on Whole Grain Bun or Cheese Stuffed Whole Grain Sticks +Dip Garbanzo Beans Steamed Carrots Fruit Choice
15 Chicken Sandwich on Whole Grain Bun Toasted Cheese Sandwich Carroteenies Steamed Broccoli Fruit Choice	16 Nacho Supreme w/Turkey Taco & Cheese or Cheese Stuffed W G Sticks & Dip Baked Hash browns Baked Beans Fruit Choice	17 Cheesy Garlic Flatbread With Whole Grain Crust or Spicy Chicken Sandwich on W G Bun Sliced Cucumbers Green Peas Fruit Choice	18 Baked Pasta with Cheese & Garlic Bread or Cheesy Burger on Whole Grain Bun Seasoned Red Potatoes Cut Tomatoes Fruit Choice	19 Good Friday NO SCHOOL
22 Cheese Stuffed Whole Grain Sticks & Dip or Soft Turkey Taco With Cheese Fresh Coleslaw Baked Potato Tots Fruit Choice	23 Whole Grain Rotini Pasta With Meat Sauce & Roll or Cheese Pizza With Whole Grain Crust Green Beans/Steamed Carrots Fruit Choice	24 Homemade Cheese Quesadilla or Mini Turkey Corn Dogs Fresh Mixed Coleslaw Seasoned Fresh Zucchini Fruit Choice	25 Chicken Nuggets and Whole Grain Bun or Homemade Mac & Cheese & Roll Sliced Cucumbers Baked Hash Browns Fruit Choice	26 Cheesy Burger on Whole Grain Bun or Strawberry Yogurt Whole Grain Banana Muffin Whole Kernel Corn Carroteenies Fruit Choice
29 Chicken & Waffle Sandwich or Cheese Garlic Flatbread Steamed Broccoli BBQ Baked Beans Fruit Choice	30 Toasted Cheese Sandwich or Chicken Strips With Whole Grain Roll Baked Hash browns Sweet Potato Tots Fruit Choice		FRESH HERBED Zucchini & other VEGGIES TRY SOME !!!	

Lunch
\$2.90
Milk is
Included
With Meal

Milk
\$.65
A variety of
Milk is
Offered Daily

Questions about the menu?
Marv Barishman
arbor@d68.k12.il.us
847-568-7586

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




Available Daily:
Peanut Butter & Jelly Sandwich
American Cheese Sandwich
Meatless Garden Salad
Submarine Sandwich

Items in Green are the
Vegetarian Choice

(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally
necessary. Notice will be given when
possible.
This institution is an equal opportunity
employer.