

Elementary Schools Skokie District 68

SEPTEMBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No School	3 Spicy Chicken Sandwich on Whole Grain Bun or Toasted Cheese Sandwich Fruit & Veggies	4 Nacho Supreme w/Turkey Taco Meat & Shredded Cheese or Cheese Stuffed Whole Grain Pastry Sticks & Dip Seasoned Green Beans Carroteenies Fruit Choice	5 Finger Fun Whole Grain French Toast Sticks or Chicken Tenders With Whole Grain Roll Crispy Hash Browns Sweet Potato & Pineapple Fruit Choice	6 Cheesy Burger on Whole Grain Bun or Cheese Quesadilla on Whole Grain Tortillas Fresh made Coleslaw BBQ Baked Beans Fruit Choice
9 Soft Whole Grain Turkey Tacos With Cheese or Chicken Sandwich on Whole Grain Bun Whole Kernel Corn Steamed Spinach Fruit Choice	10 Chicken Nuggets and Whole Grain Roll or Homemade Mac & Cheese & Roll BBQ Baked Beans Herbed Fresh Baby Carrots Fruit Choice	11 Cheese Pizza With Whole Grain Crust or Hot Dog on Whole Grain Bun Green Peas Sliced Cucumbers Fruit Choice	12 Whole Grain Pancakes With Egg Patty or Fresh Cut Fruits Plate with Fruity Yogurt Green Beans Chilled Broccoli Buds Fruit Choice	13 Fish & Cheese Sandwich on Whole Grain Bun or Cheese Stuffed Whole Grain Sticks +Dip Garbanzo Beans Steamed Carrots Fruit Choice
16 Chicken Sandwich on Whole Grain Bun or Toasted Cheese Sandwich Carroteenies Steamed Broccoli Fruit Choice	17 Nacho Supreme w/Turkey Taco & Cheese or Cheese Stuffed Whole Grain Sticks & Dip Baked Hash browns Baked Beans Fruit Choice	18 Cheesy Garlic Flatbread With Whole Grain Crust or Spicy Chicken Sandwich on Whole Grain Bun Sliced Cucumbers Sweet Potato Tots Fruit Choice	19 Baked Pasta with Cheese & Garlic Bread or Cheesy Burger on Whole Grain Bun Seasoned Red Potatoes Diced Tomatoes Fruit Choice	20 Cheese Pizza With Whole Grain Crust or Mini Turkey Corn Dogs With Whole Grain Crust Garbanzo Beans Steamed Spinach Fruit Choice
23 Cheese Stuffed Whole Grain Sticks & Dip or Soft Turkey Taco With Cheese BBQ Baked Beans Baked Potato Tots Fruit Choice	24 Whole Grain Rotini Pasta With Meat Sauce & Roll or Cheese Pizza With Whole Grain Crust Green Beans Steamed Carrots Fruit Choice	25 Homemade Cheese Quesadilla or Mini Turkey Corn Dogs Fresh Mixed Coleslaw Fresh Cucumbers Fruit Choice	26 Chicken Nuggets and Whole Grain Bun or Homemade Mac & Cheese & Roll Steamed Spinach Baked Hash Browns Fruit Choice	27 Cheesy Burger on Whole Grain Bun or Strawberry Yogurt Whole Grain Banana Muffin Whole Kernel Corn Carroteenies Fruit Choice
30 Rosh Hashanah No School				

Watch For Our Sweet Potato Special Items

Lunch
\$3.00
Milk is Included With Meal

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

Questions about the menu?
contact: Susan Goriel
arbor@skokie68.org
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+ Cheese
Turkey Cold-Cut Submarine Sandwich

Items in Green are the Non-Meat Choice

Pork is not served at Elementary School
Menu changes are occasionally necessary. Notice will be given when possible.
This institution is an equal opportunity employer.