

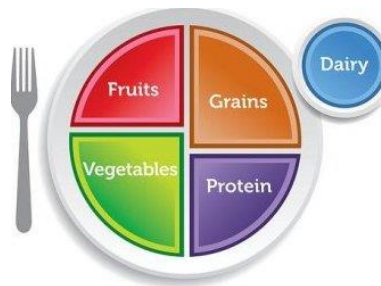
Illinois Harvest of the Month Spotlight: BEETS. Beet juice has even been used as a hair dye. For more information about this Seven Generations Ahead program, visit: <http://harvestillinois.org/>



Starting in 2018! Once a month, the school lunches will be supplemented with **A+ Pizza** that will provide hot, delicious pizza slices made with whole grain crust and low fat cheese.

Stay tuned for more details to come!

We follow the robust USDA guidelines that provide a well-balanced meal for students, including at protein, grains, fruits, vegetables, and milk. Our grains are always whole; proteins are lean and low-sodium; fruits and vegetables are plentiful and sourced from America; and milk is free from rBST and HFCS. We partner with Farm to School to offer the Harvest of the Month to offer local produce.



To Make a Meal, students must order at minimum 3 components; one component must be a fruit or vegetable

DISTRICT 97 ELEMENTARY SCHOOLS

FEBRUARY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A				1 French Toast Sticks w/ Maple Syrup Sweet Potato Bites Clementine Milk	2 Lightly Breaded Chicken Filet on Whole Wheat Bread Celery Sticks Chilled Pineapple Milk
B	5 Pasta with Beef Spaghetti Sauce Whole Grain Dinner Roll Spinach Salad w/ Dressing Red Delicious Apple Milk	6 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Apple Slices Milk	7 Popcorn Chicken Whole Grain Cheddar Crackers Mashed Potatoes and Gravy Orange Smiles Milk	8 No Lunch Served Teacher Institute Day	9 No Lunch Served Teacher Institute Day
C	12 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Granny Smith Apple Milk	13 Cheeseburger on Whole Grain Bun 3 Bean Salad Chilled Peaches Milk	14 Personal Cheese Pizza Fresh Beet Sticks Apricots Milk 	15 Homemade Grilled Cheese Sandwich and Tomato Soup Clementine Milk	16 Whole Grain Pancakes Turkey Sausage Orange Veggie Smoothie Cup Red Delicious Apple Milk
D	19 President's Day No School	20 All-Natural Beef Hot Dog on a Whole Grain Bun Baked Beans Apple Slices Milk	21 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Fiesta Black Beans Applesauce Cup Milk	22 Breaded Chicken Drumstick Mini Cinnamon Roll Mixed Greens Salad with Italian Salad Dressing Chilled Peaches Milk	23 Three-Cheese French Bread Pizza California Blend Vegetables Gala Apple Milk
E	26 Cheeseburger on Whole Grain Bun Cucumber Slices Red Delicious Apple Milk	27 Fiestada topped with Shredded Lettuce and Salsa Clementine Milk	28 Personal Cheese Pizza Broccoli Bites Chilled Pineapple Milk		

DAILY ALTERNATIVE ENTREE FEATURES FROM THE OPRF KITCHEN:

DELI SANDWICH

- Italian Turkey Combo & Cheese Submarine
- Turkey Ham & Cheese on Whole Grain Bread
- Cold Cut Turkey Combo & Cheese on Sub Bun
- Roasted Turkey & Cheese on Whole Grain Bread
- Italian Turkey Combo & Cheese Submarine

LUNCH KIT

Whole Grain Flatbread + Pizza Sauce + Shredded Mozzarella Cheese

GARDEN FRESH SALAD

Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers

- All grain products are whole grain
- Cold, refreshing *local* milk available in white and chocolate is all rBST free
- Produce is sourced locally when available

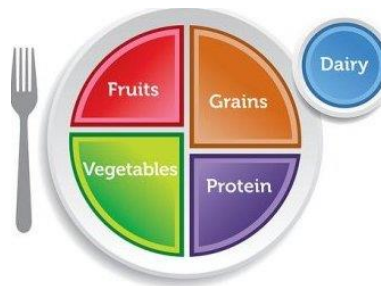
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DISTRICT 97 MIDDLE SCHOOLS

FEBRUARY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A				1 French Toast Sticks w/ Maple Syrup Sweet Potato Bites Clementine Milk	2 Lightly Breaded Chicken Filet on Whole Wheat Bread Celery Sticks Chilled Pineapple 100% Juice Milk
B	5 Pasta with Beef Spaghetti Sauce Whole Grain Dinner Roll Spinach Salad w/ Dressing Red Delicious Apple Milk	6 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Apple Slices 100% Juice Milk	7 Popcorn Chicken Whole Grain Cheddar Crackers Mashed Potatoes and Gravy Orange Smiles Milk	8 <p style="text-align: center;">No Lunch Served Teacher Institute Day</p>	9 <p style="text-align: center;">No Lunch Served Teacher Institute Day</p>
C	12 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Granny Smith Apple Milk	13 Cheeseburger on Whole Grain Bun 3 Bean Salad Chilled Peaches Whole Grain Crackers Milk	14 Personal Cheese Pizza Fresh Beet Sticks Apricots Milk	 15 Homemade Grilled Cheese Sandwich and Tomato Soup Clementine Whole Grain Crackers Milk	16 Whole Grain Pancakes Turkey Sausage Orange Veggie Smoothie Cup Red Delicious Apple 100% Juice Milk
D	19 <p style="text-align: center;">President's Day No School</p>	20 All-Natural Beef Hot Dog on a Whole Grain Bun Baked Beans Apple Slices Whole Grain Crackers Milk	21 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Fiesta Black Beans Applesauce Cup 100% Juice Milk	22 Breaded Chicken Drumstick Mini Cinnamon Roll Mixed Greens Salad with Italian Salad Dressing Chilled Peaches 100% Juice Milk	23 Three-Cheese French Bread Pizza California Blend Vegetables Gala Apple Whole Grain Crackers Milk
E	26 Cheeseburger on Whole Grain Bun Cucumber Slices Red Delicious Apple Whole Grain Crackers Milk	27 Fiestada topped with Shredded Lettuce and Salsa Clementine 100% Juice Milk	28 Personal Cheese Pizza Broccoli Bites Chilled Pineapple Milk		

DAILY ALTERNATIVE ENTREE FEATURES FROM THE OPRF KITCHEN:

2nd Hot Entree a. Spicy Chicken Patty Sandwich b. Cheeseburger on Whole Grain Bun c. Bosco Sticks (Cheese-filled Breadsticks) d. Cheeseburger on Whole Grain Bun e. Spicy Chicken Patty Sandwich	LUNCH KIT Whole Grain Flatbread + Pizza Sauce + Shredded Mozzarella Cheese	DELI SANDWICH a. Italian Turkey Combo & Cheese Submarine b. Turkey Ham & Cheese on Whole Grain Bread c. Cold Cut Turkey Combo & Cheese on Sub Bun d. Roasted Turkey & Cheese on Whole Grain Bread e. Italian Turkey Combo & Cheese Submarine
	GARDEN FRESH SALAD Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers	



February 2018 District 97 Breakfast Menu

Tuesday-Thursday Hot Breakfast

Beye, Hatch, Holmes, & Whittier Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Egg & Cheese Breakfast Biscuit Chilled Fruit Milk	2 Blueberry Muffin Fresh Fruit Milk
5 Breakfast Kit Milk	6 Maple Waffle Chilled Fruit Milk	7 Blueberry Muffin Fresh Fruit Milk	8 Breakfast Kit Milk	9 Breakfast Kit Milk
12 Breakfast Kit Milk	13 Cinnamon-Swirl French Toast Chilled Fruit Milk	14 Whole Wheat Bagel with Cream Cheese Fresh Fruit Milk	15 Egg & Bacon Breakfast Pizza Chilled Fruit Milk	16 Blueberry Muffin Fresh Fruit Milk
19 No School President's Day	20 Strawberry Pancakes Chilled Fruit Milk	21 Blueberry Muffin Fresh Fruit Milk	22 Pancake and Sausage Breakfast Bites Chilled Fruit Milk	23 Whole Wheat Bagel with Cream Cheese Fresh Fruit Milk
26 Breakfast Kit Milk	27 Blueberry Waffle Chilled Fruit Milk	28 Whole Wheat Bagel with Cream Cheese Fresh Fruit Milk		

*All grain products are Whole Grain Rich containing >51% whole grain by weight.

^An additional serving of fresh fruit available daily.



This intuition is an equal opportunity employer.



February 2018 District 97 Breakfast Menu

Wednesday-Friday Hot Breakfast

Brooks, Irving, Julian and Longfellow Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Blueberry Muffin Fresh Fruit Milk	2 Egg & Cheese Breakfast Biscuit Chilled Fruit Milk
5 Breakfast Kit Milk	6 Blueberry Muffin Fresh Fruit Milk	7 Maple Waffle Chilled Fruit Milk	8 Breakfast Kit Milk	9 Breakfast Kit Milk
12 Breakfast Kit Milk	13 Whole Wheat Bagel with Cream Cheese Fresh Fruit Milk	14 Cinnamon-Swirl French Toast Chilled Fruit Milk	15 Blueberry Muffin Fresh Fruit Milk	16 Egg & Bacon Breakfast Pizza Chilled Fruit Milk
19 No School President's Day	20 Blueberry Muffin Fresh Fruit Milk	21 Strawberry Pancakes Chilled Fruit Milk	22 Whole Wheat Bagel with Cream Cheese Fresh Fruit Milk	23 Pancake and Sausage Breakfast Bites Chilled Fruit Milk
26 Breakfast Kit Milk	27 Whole Wheat Bagel with Cream Cheese Fresh Fruit Milk	28 Blueberry Waffle Chilled Fruit Milk		

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