

March is National Nutrition Month!



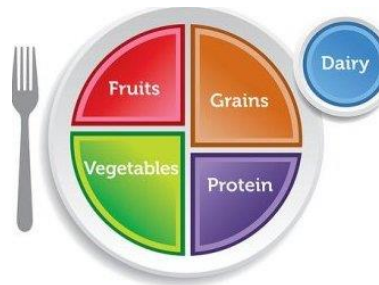
PACK (Pack Assorted Colors for Kids) is a national health-eating program aimed at encouraging children to eat more colorful fruits and vegetables. During the 3rd week of March, PACK Week, each day is dedicated to a different color of fruits and vegetables.



Illinois Harvest of the Month Spotlight: APPLES. Ever wondered why apples float? It's because 25% of their volume is made up by air. For more information about this Seven Generations Ahead program, visit: <http://harvestillinois.org/>





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

MARCH 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A				1 Lightly Breaded Chicken Filet on Whole Grain Bread Seasoned Corn Applesauce Cups Milk	2 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk
B	5 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Red Delicious Apple Milk	6 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Applesauce Cup Milk	7 Personal Cheese Pizza Baby Carrots Chilled Mandarin Oranges Milk	8 Cheeseburger Meatloaf Whole Grain Dinner Roll Mashed Potatoes and Gravy Banana Milk	9 Whole Grain Pancakes Turkey Sausage Cucumber Coins Tangelos Milk
C	12 Pasta with Beef Spaghetti Sauce Whole Grain Dinner Roll Purple Cauliflower Purple Grapes Milk Purple	13 Popcorn Chicken Whole Grain Cheddar Crackers Jicama Sticks Banana Milk White	14 Cheeseburger on Whole Grain Bun Beet Slices Red Apple Slices Milk Red	15 Breaded Chicken Drumstick Mini Cinnamon Roll Yellow Cherry Tomatoes Quartered Oranges Milk Yellow/Orange	16 Three-Bean Chili Cornbread Muffin Sugar Snap Peas Green Kiwis Milk  Green
D	19 All-Natural Beef Hot Dog on a Whole Grain Bun Baked Beans Apple Slices Milk	20 No School Institute Day	21 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Baby Carrots Local Apple Milk 	22 BBQ Chicken Drumstick Cornbread Muffin Celery Sticks Quartered Oranges Milk	23 Three-Cheese French Bread Pizza Spring Mix Salad with Italian Dressing Applesauce Cup Milk
	26	27	28	29	30
Spring Break – No School					

DAILY ALTERNATIVE ENTREE FEATURES FROM THE OPRF KITCHEN:

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

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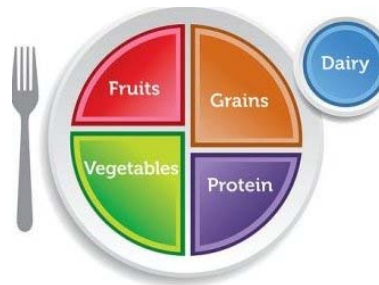
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To Make a Meal, students must order at minimum 3 components; one component must be a fruit or vegetable

DISTRICT 97 MIDDLE SCHOOLS

MARCH 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A				1 Lightly Breaded Chicken Filet on Whole Grain Bread Seasoned Corn Applesauce Cups 100% Juice Milk	2 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk
B	5 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Red Delicious Apple Milk	6 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Applesauce Cup 100% Juice Milk	7 Personal Cheese Pizza Baby Carrots Chilled Mandarin Oranges Milk	8 Cheeseburger Meatloaf Whole Grain Dinner Roll Mashed Potatoes and Gravy Banana 100% Juice Milk	9 Whole Grain Pancakes Turkey Sausage Cucumber Coins Tangelos 100% Juice Milk
C	12 Pasta with Beef Spaghetti Sauce Whole Grain Dinner Roll Purple Cauliflower Purple Grapes Milk Purple	13 Popcorn Chicken Whole Grain Cheddar Crackers Jicama Sticks Banana Milk White	14 Cheeseburger on Whole Grain Bun Beet Slices Red Apple Slices 100% Juice Milk Red	15 Breaded Chicken Drumstick Mini Cinnamon Roll Yellow Cherry Tomatoes Quartered Oranges 100% Juice Milk Yellow/Orange	16 Three-Bean Chili Cornbread Muffin Sugar Snap Peas Green Kiwis Whole Grain Cracker Milk Green
D	19 All-Natural Beef Hot Dog on a Whole Grain Bun Baked Beans Apple Slices Whole Grain Crackers Milk	20 No School Institute Day	21 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Baby Carrots Local Apple 100% Juice Milk 	22 BBQ Chicken Drumstick Cornbread Muffin Celery Sticks Quartered Oranges Whole Grain Crackers Milk	23 Three-Cheese French Bread Pizza Spring Mix Salad with Italian Dressing Applesauce Cup Whole Grain Crackers Milk
	26	27	28	29	30
Spring Break – No School					

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. Spicy Chicken Sandwich

LUNCH KIT

Whole Grain Flatbread + Pizza Sauce + Shredded Mozzarella Cheese

GARDEN FRESH SALAD

Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers

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



MARCH 2018 District 97 Breakfast Menu

Tuesday-Thursday Hot Breakfast

Beye, Hatch, Holmes, & Whittier Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Egg & Cheese Breakfast Sandwich 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 Strawberry Mini Pancakes Chilled Fruit Milk	9 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk
12 Breakfast Kit Milk	13 Cinnamon-Swirl French Toast Chilled Fruit Milk	14 Strawberry Cream Cheese-Filled Mini Bagels Fresh Fruit Milk	15 Egg & Bacon Breakfast Pizza Chilled Fruit Milk	16 Blueberry Muffin Fresh Fruit Milk
19 Breakfast Kit Milk	20 No School Institute Day	21 Blueberry Muffin Fresh Fruit Milk	22 Pancake and Sausage Breakfast Bites Chilled Fruit Milk	23 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk
26	27	28	29	30
Spring Break				

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

^An additional serving of fresh fruit available daily.



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MARCH 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 Sandwich Chilled Fruit Milk
5 Breakfast Kit Milk	6 Blueberry Muffin Fresh Fruit Milk	7 Maple Waffle Chilled Fruit Milk	8 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk	9 Strawberry Mini Pancakes Chilled Fruit Milk
12 Breakfast Kit Milk	13 Strawberry Cream Cheese-Filled Mini Bagels 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 Breakfast Kit Milk	20 No School Institute Day	21 Maple Mini Pancakes Chilled Fruit Milk	22 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk	23 Pancake and Sausage Breakfast Bites Chilled Fruit Milk
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