

How To Read the District 97 2018-19 School Year Menus

You can now plan out your meals for the whole school year! This menu features only the tastiest entrees that nourish our District 97 students.

Using a 3-Week Cycle Menu, choosing what is for lunch has never been easier.

- To find out which week (A, B, or C) we are on, **find the date you want** on the school year calendar.
- Match the color** of the week to the color on the menu.
 - Week A – Green
 - Week B – Orange
 - Week C – Blue

Plentiful and Healthy Choices

We know you will be able to choose the perfect lunch for you. If the featured entrée, fruit or vegetable are not your favorite, no problem! We offer many alternatives in the DAILY section of the menu!

Entrée of the Month

Each month, we will shake things up by serving you an extra special entrée. This happens every on Thursday during Week A.

D97 Elementary 2018-19 Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	✓ Macaroni & Cheese ^{M,W} with Chicken Tenders ^{S,W} Celery Sticks Applesauce Cup	✓ Beef or Bean Taco Bowl & Baked Tortilla Chips, with Salsa, Cheese ^M & Lettuce Refried Beans Quartered Oranges	✓ Personal Galaxy Cheese Pizza ^{M,S,W} Spring Salad Mix Chilled Peach Slices	Entrée of the Month (see chart below) Seasonal Vegetable Apple Slices	Lightly Breaded Chicken Filet ^{S,W} Sandwich ^{S,W} Green Peas Seasonal Fruit
WEEK B	All-Natural Beef Hot Dog on WG Bun ^{S,W} Baked Beans Apple Slices	Beef Hamburger ^S with Cheese ^{M,S} on WG Bun ^{S,W} Cucumber Slices Chilled Pineapple Bites	Popcorn Chicken ^{S,W} & Goldfish Crackers ^{M,W} Cauliflower Mash Seasonal Fruit	✓ Cinnamon French Toast Sticks ^{S,W} with Syrup Breakfast Potatoes ^{S,W} Applesauce Cup	Home-style Chicken Drumsticks ^{S,W} & Mini Cinnamon Roll ^{S,W} Spinach Salad Chilled Pear Halves
WEEK C	Pasta with Meatballs and ✓ Marinara Sauce & Dinner Roll ^{S,W} Spring Mix Salad Apple Slices	BBQ Chicken Drumstick & Cornbread Muffin ^{M,S,W} Garlicky Green Beans Chilled Peaches	✓ French Bread Cheese Pizza ^{M,S,W} Fresh Vegetable Sticks Apple Slices	✓ Mini Pancakes ^{M,S,W} & Turkey Sausage Links Orange Veggie Smoothie Apple Slices	Chicken Fajita on Tortilla Shell Black Bean Salad Seasonal Fruit
DAILY	✓ Vegetarian Chef Salad with Mozzarella String Cheese ^M & Whole Grain Crackers ^{M,W} Turkey (A) • Turkey Combo Sub (B) • Turkey Ham (C) & Cheese ^{M,S} Sandwich ^{S,W} ✓ Pizza Kit with Flatbread Crust ^{M,S} , Marinara Sauce, Mozzarella Cheese Crisp Apples • Baby Carrots • Roasted Garbanzo Beans • Plain & Cheddar Milk				

H=Legal School Holiday • T=Teacher Institutes • X=Not in Attendance • Menu subject to change.

MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
AUGUST																																
SEPTEMBER																																
OCTOBER																																
NOVEMBER																																
DECEMBER																																
JANUARY																																
FEBRUARY																																
MARCH																																
APRIL																																
MAY																																

Nutrition Notes

We follow the robust USDA guidelines that provide a well-balanced meal for students, including protein, grains, fruits, vegetables and milk. Our grains are always whole-grain (WG), and our produce is sourced from America, and milk is local and free from rBST and HFCS.

✓ = Vegetarian Entrée

***Entrée of the Month**

August: Gourmet Cheeseburger & Corn on the Cob
 September: Sloppy Joes & Seasoned Broccoli
 October: Meatball Sub & Kale
 November: Turkey Dinner & Mashed Potatoes and Gravy
 December: Salisbury Steak & Mashed Potatoes and Gravy
 January: ✓ Homemade Grilled Cheese^{M,S,W} & Tomato Soup
 February: ✓ Homemade Grilled Cheese^{M,S,W} & Tomato Soup
 March: ✓ Homemade Grilled Cheese^{M,S,W} & Tomato Soup
 April: Mini Corn Dogs & French Fries
 May: Loaded Baked Potato with Beef & Bean Chili

District 97 participates in Illinois Harvest of the Month. Each month, LOCAL seasonal fruits and/or vegetables will be featured for lunch along with activities and recipes. A sample of produce featured: Sweet Corn, Apples, Plums, Beets and Kale. For more information, visit harvestillinois.org.

Allergen Guide: E: Eggs | M: Milk | S: Soy | SO: Soybean Oil | W: Wheat

*ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients is available on the product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

Check your student's account online. To make online payments and check balances, visit My Mealtime: <https://www.mymealtime.com/>

For more information about District 97 Meal Program, please contact: Ms. Carla Ellis, Food Service Coordinator - cellis@op97.org Or visit the district website at: <http://www.op97.org/business-office/food-service>