

2019-20 D97 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	Beef Hamburger^S with Cheese^{M,S} on WG Bun^{SO,W} Baby Carrots Red Delicious Apple MS*: 100% Fruit Juice	✓Personal Galaxy Cheese Pizza^{M,S,W} Spinach Salad Chilled Peach Slices MS: Goldfish Crackers ^{M,W}	Beef^S Taco & Baked Corn Tortilla Chips with Shredded Cheese ^M , Lettuce & Refried Beans Petite Banana MS: 100% Fruit Juice	✓Cinnamon French Toast Sticks^{E,S,W} with Syrup Breakfast Potatoes ^{SO,W} Apple Slices MS: Larger Entrée	Chicken Nuggets^{S,W} with BBQ Sauce & Goldfish Crackers^{M,W} Celery Sticks Seasonal Fruit MS: Larger Entrée
WEEK B	All-Natural Beef Hot Dog on WG Bun^{SO,W} Baked Beans Apple Slices MS: Goldfish Crackers ^{M,W}	Macaroni & Cheese^{E,M,W} & Chicken Tenders^{S,W} with BBQ Sauce Jicama Sticks Seasonal Fruit MS: Larger Entrée	Mandarin Orange Chicken^{E,S,W} & Brown Rice Broccoli Bites Applesauce Cup MS: Larger Entrée	✓Mini Pancakes^{E,M,S,W} with Syrup & Turkey Sausage Cherry - Veggie Smoothie Petite Banana MS: Goldfish Crackers ^{M,W}	Home-style Chicken Drumsticks^W & Mini Cinnamon Roll^{E,W} Cooked Carrots Gala Apple, MS: 100% Fruit Juice
WEEK C	Pasta^W with Beef Spaghetti Sauce^{SO} & Dinner Roll^{SO,W} Spring Mix Salad and Carrots Applesauce Cup MS: Larger Entrée	✓French Bread Cheese Pizza^{M,S,W} Cucumber Slices Dried Cranberries MS: Goldfish Crackers ^{M,W}	Chicken Taco^W on Baked Corn Tortilla Chips, with Cheese ^M , Lettuce & Fiesta Black Bean Salad Apple Slices MS: Larger Entrée	Entrée of the Month* (see table below) Seasonal Vegetable Seasonal Fruit MS: 100% Fruit Juice	Breaded Chicken Patty^{S,W} Sandwich on WG Bun^{SO,W} French Fries ^{SO} Quartered Oranges MS: 100% Fruit Juice
DAILY	✓Vegetarian Chef Salad with Mozzarella String Cheese^M & Whole Grain Crackers^{M,W} Cold-Cut Turkey Combo Sub- (A) • Deli Turkey- (B) • Italian Turkey Combo Sub- (C) & American Cheese^{M,S} Sandwich^{SO,W} ✓Pizza Kit with Flatbread Crust^{SO,W}, Marinara Sauce, Mozzarella Cheese^M *Middle School Additional Offering (MS): Middle School Students receive 100% Fruit Juice, Whole Grain Crackers, or a Larger Entrée Portion each day.				

H=Legal School Holiday • TI=Teacher Institutes • X=Not in Attendance • Menu subject to change. • This institution is an equal opportunity employer.

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL					MAY/JUNE									
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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), proteins are lean and low-sodium; fruit and vegetables are plentiful and sourced from America; and milk is local and free from rBST and HFCS.

✓ = Vegetarian Entrée

Allergen Guide

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

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*Entrée of the Month

- September 12 Sloppy Joes^{S,W} & Corn on the Cob
- October 3 Meatball Sub^{M,S,W} & Harvest Kale Salad
- November 14 Turkey Dinner & Mashed Potatoes^M, Gravy^{M,S,O}
- December 5 Salisbury Steak^{M,S,W} & Au Gratin Potatoes^{M,S,O}
- January 9 ✓Homemade Grilled Cheese^{M,S,W} & Tomato Soup^W
- February 20 Mini Beef Hot Dog on Bun^{SO,W} & Mac n' Cheese^{E,M,W}
- March 12 ✓Homemade Grilled Cheese^{M,S,W} & Tomato Soup^W
- April 9 Mini Corn Dogs^{E,M,S,W} & Peach Crisp^W
- April 30 Gourmet Cheeseburger^{M,W} & Sugar Snap Peas
- May 21 Loaded Baked Potato with Beef & Bean Chili^S

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.



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
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2019-20 Breakfast Menu

Beye, Hatch, Holmes, Mann, Whittier

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	Cereal Breakfast Kit Fresh Fruit Milk	Mini Maple Pancakes^{EMW} Chilled Fruit Milk	Whole Grain Muffin^{EMSW} Fresh Fruit Milk	Blueberry Waffle^{EMSW} Chilled Fruit Milk	Bagel^W with Cream Cheese^M Fresh Fruit Milk
WEEK B	Cereal Breakfast Kit Fresh Fruit Milk	Pull-Apart Cinnamon Rolls^{MSW} Chilled Fruit Milk	Bagel^W with Cream Cheese^M Fresh Fruit Milk	Mini Strawberry Pancakes^{EMW} Chilled Fruit Milk	Whole Grain Muffin^{EMSW} Fresh Fruit Milk
WEEK C	Cereal Breakfast Kit Fresh Fruit Milk	Chocolate Crescent^{M,W} Chilled Fruit Milk	Whole Grain Muffin^{EMSW} Fresh Fruit Milk	Maple Waffle^{EMSW} Chilled Fruit Milk	Bagel^W with Cream Cheese^M Fresh Fruit Milk

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2019-20 D97 Breakfast Menu

Brooks, Irving, Julian, Longfellow

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WEEK B	Cereal Breakfast Kit Fresh Fruit Milk	Bagel^W with Cream Cheese^M Fresh Fruit Milk	Pull-Apart Cinnamon Rolls ^{MSW} Chilled Fruit Milk	Whole Grain Muffin ^{EMSW} Fresh Fruit Milk	Mini Strawberry Pancakes ^{EMW} Chilled Fruit Milk
WEEK C	Cereal Breakfast Kit Fresh Fruit Milk	Whole Grain Muffin ^{EMSW} Fresh Fruit Milk	Chocolate Crescent ^{M,W} Chilled Fruit Milk	Bagel^W with Cream Cheese^M Fresh Fruit Milk	Maple Waffle ^{EMSW} Chilled Fruit Milk

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