



Staff Lunch Menu **October** 2020 Lemont-Bromberek SD113A

All entrees \$4.25 All Entrees are served with: Fresh or Chilled Fruit. Sides Chips, Breads or Crackers

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey & Cheese Sandwich Chips Fresh Fruit	2 Asian Chicken Wrap Crackers Fresh Fruit
5 Grilled Chicken BLT Sandwich Chips Fresh Fruit	6 Turkey & Cheese Sandwich Chips Fresh Fruit	7 Chicken Pesto Bowl Crackers Fresh Fruit	8 Turkey BLT Chips Fresh Fruit	9 Asian Chicken Wrap Crackers Fresh Fruit
12 Holiday	13 Turkey & Cheese Sandwich Chips Fresh Fruit	14 Chicken Pesto Bowl Crackers Fresh Fruit	15 Turkey BLT Chips Fresh Fruit	16 Asian Chicken Wrap Crackers Fresh Fruit
19 Grilled Chicken BLT Chips Fresh Fruit	20 Turkey & Cheese Sandwich Chips Fresh Fruit	21 Chicken Pesto Bowl Crackers Fresh Fruit	22 Turkey BLT Chips Fresh Fruit	23 Asian Chicken Wrap Crackers Fresh Fruit
26 Grilled Chicken BKT Chips Fresh Fruit	27 Turkey & Cheese Sandwich Chips Fresh Fruit	28 Chicken Pesto Bowl Crackers Fresh Fruit	29 Turkey BLT Chips Fresh Fruit	30 Asian Chicken Wrap Crackers Fresh Fruit

I welcome your suggestions:
 Laurel.hanson@ compass-usa.com

TO MAKE AN ONLINE LUNCH PAYMENT, GO TO [Skyward.go to Food.go to make payment](#)

Questions or comments?
 Please call Laurel Hanson at
 630-257-2286 Ext. 4141

LET'S GET COOKING



FUN FACT!



Many fruits and vegetables are available in fresh, frozen and canned varieties. Frozen is sometimes more convenient and just as nutritious as fresh. Choosing frozen can be a good way of enjoying fruit or vegetables that are not in season locally.

Discovery

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
	Bread Hoagie	Ranch Dressing	Ranch Dressing	Tai Chili Sauce
	Mayo	Crackers	Crackers	Cracker
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 2				
	Bread Hoagie	Ranch Dressing	Greek Vinaigrette	Tai Chili Sauce
Holiday	Mayo	Chips	Chips	Cracker
	Fresh Fruit	Fresh Fruit	Chips	Fresh Fruit
Week 3				
Spicy Brown Mustard	Bed of Romaine	Chipotle Dressing	Italian Vinaigrette	Tai Chili Sauce
Chips	Crackers	Tortilla Chips	Chips	Crackers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 4				
Spicy Brown Mustard	Bed of Romaine	Ranch Dressing	Italian Vinaigrette	Tai Chili Sauce
Chips	Crackers	Crackers	Chips	Crackers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fruit Fruit
Week 5				
Spicy Brown Mustard	Bread Hoagie	Chipotle Dressing		
Chips	Mayo	Chips		
Fresh Fruit	Fresh Fruit	Fresh Fruit		