



## Staff 2019

- ✓ Whole Grain Rich products everyday
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

### Make Choices for a Healthy Lifestyle!

Questions about the menu?

Tina Mehta,

Director of Cafeteria Services

630-243-3212/tmehta@lhs210.net

Menu changes may be necessary.

Notice will be given when possible.

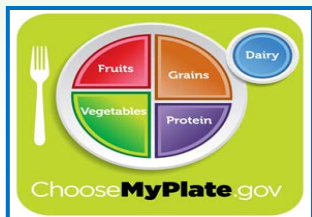
"Complete Meal" includes

1 Entrée, 2 sides Fruit and/or  
Vegetable + 1 Milk,  
**Staff Lunch \$4.00**

A comprehensive Nutrition & Allergy Guide is  
available in the Food Service Office

\*If Qualified

This institution is an equal opportunity provider.



	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>DAILY</b>	Hamburger Cheeseburger Chicken Sandwich Hot Dog/Corn Dog Vegetable Burgers Pizza Bar Fresh Salads Made to Order Deli		Bar <b>FRESH TO GO</b> Sandwiches & Wraps	<sup>2</sup> <b>WINTER BREAK</b>  NO SCHOOL	<sup>3</sup> <b>WINTER BREAK</b>  NO SCHOOL	<sup>4</sup> <b>WINTER BREAK</b>  NO SCHOOL
	<sup>7</sup> <b>TEACHER INSTITUTE DAY</b>  NO SCHOOL	<sup>8</sup> Walking Taco Chili w/Beans Seasoned Corn Churro Fruit & Veggie Bar Choice of Milk	<sup>9</sup> 8 pc Boneless Wings Honey BBQ/Bufalo Cheesy Pretzel Curly Fries Fruit & Veggie Bar Choice of Milk	<sup>10</sup> Pasta with Meat Sauce or Marinara Garlic Bread Green Beans Fruit & Veggie Bar Choice of Milk	<sup>11</sup> Italian Beef S/W Baked Fries Mixed Vegetables  Fruit & Veggie Bar Choice of Milk	
<sup>14</sup> Deep Dish Pizza Soup of the Day Caesar Salad  Fruit & Veggie Bar Choice of Milk	<sup>15</sup> 5pc Chic Tenders w/Roll Mashed Potatoes Seasoned Corn Fruit & Veggie Bar Choice of Milk	<sup>16</sup> Build a Burrito/Salad Meat or Chicken Black Beans & Corn Mexican Rice Fruit & Veggie Bar Choice of Milk	<sup>17</sup> Chicken Parmesan Pasta w/Marinara Seasoned Broccoli Garlic Bread Fruit & Veggie Bar Choice of Milk	<sup>18</sup> Build Your Burger Beef or Veg Patty Asst Cheese & Mushrooms Baked Fries Fruit & Veggie Bar Choice of Milk		
<sup>21</sup> <b>MARTIN LUTHER KING DAY</b>  NO SCHOOL	<sup>22</sup> Mac & Cheese Bar Buffalo Chic/Bacon Dinner Roll Seasoned Veggies Fruit & Veggie Bar Choice of Milk	<sup>23</sup> Asian Chicken Fried Rice Seasoned Veggies Eggroll Fruit & Veggie Bar Choice of Milk	<sup>24</sup> Baked Cheesy Pasta Garlic Bread Seasoned Broccoli  Fruit & Veggie Bar Choice of Milk	<sup>25</sup> Falafel Pitawich Salad Tzatziki Sauce Chips & Hummus Fruit & Veggie Bar Choice of Milk		
<sup>28</sup> French Bread Pizza Soup of the Day Caesar Salad  Fruit & Veggie Bar Choice of Milk	<sup>29</sup> 5 pc Chic Tenders w/Roll Mashed Potatoes Seasoned Corn Fruit & Veggie Bar Choice of Milk	<sup>30</sup> Pulled Pork S/wich Baked Beans Coleslaw Bag of mini Pretzels Fruit & Veggie Bar Choice of Milk	<sup>31</sup> Pasta w/ Alfredo Chicken Garlic Bread Seasoned Veggies Fruit & Veggie Bar Choice of Milk			

