

# MAY 2019 Staff Menu



•Cage-Free, Hormone-Free, Steroid-Free,  
Grain-Fed Chicken

- ✓ Only Hormone-Free Milk: Fat Free or 1%
- ✓ 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

This institution is an equal opportunity provider.

|  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|---|--|---|--|
| <div style="writing-mode: vertical-rl; transform: rotate(180deg); background-color: orange; color: white; padding: 5px; font-weight: bold; font-size: 24px;">DAILY</div> | <p>Hamburger<br/>Cheeseburger<br/>Chic Sandwich<br/>Hot Dog/Corn<br/>Dog<br/>Veg Burgers<br/>Pizza Bar<br/>Fresh Salads</p>           | <p>Made to Order Deli<br/>Bar<br/><b>FRESH TO GO</b><br/>Sandwiches<br/>&amp; Wraps<br/>Soup of the Day</p>                                 | <p><b>1</b><br/>French Bread Pizza<br/>Soup of the Day<br/>Caesar Salad<br/><br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>       | <p><b>2</b><br/>Pasta w/Pesto Sauce<br/>Grilled Chic<br/>Garlic Bread<br/>Seasoned Veggies<br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>      | <p><b>3</b><br/>Italian Beef on a<br/>Roll<br/>Baked Fries<br/><br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>                      |
|  | <p><b>6</b><br/>Pulled Pork<br/>Baked Beans<br/>Chips<br/>Coleslaw<br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>                  | <p><b>7</b><br/>8pc Boneless Wings<br/>Honey BBQ/Bufalo<br/>Cheesy Pretzel<br/>Curly Fries<br/>Fruit &amp; Veggie Bar<br/>Choice of Mil</p> | <p><b>8</b><br/>Jack Wagon Wrap<br/>Fries or Chips<br/>Cookie<br/><br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>                 | <p><b>9</b><br/>Chicken Parmesan<br/>Pasta &amp; Marinara<br/>Garlic Bread<br/>Seasoned Veggies<br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p> | <p><b>10</b><br/>Build A Burger<br/>Beef or Fish<br/>Mushrooms<br/>Baked Onion Rings<br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p> |
|  | <p><b>13</b><br/>French Toast<br/>Scrambled Eggs<br/>Bacon / Sausage<br/>Tater Tots<br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p> | <p><b>14</b><br/>Chicken Tenders<br/>Dinner Roll<br/>Mashed Potatoes<br/>Seasoned Corn<br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>    | <p><b>15</b><br/>Baked Chicken<br/>Rice Pilaf<br/>Seasoned Veggies<br/>Dinner Roll<br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p> | <p><b>16</b><br/>Pasta Bar<br/>Garlic Bread<br/>Seasoned Veggies<br/><br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>                           | <p><b>17</b><br/>Italian Beef on a<br/>Roll<br/>Baked Fries<br/><br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>                     |
|  | <p><b>20</b><br/><b>CHEF'S<br/>SPECIAL</b><br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>  | <p><b>21</b><br/><b>CHEF'S<br/>SPECIAL</b><br/>Fruit &amp; Veggie Bar<br/>Choice of Milk</p>  | <p><b>22</b><br/>NO LUNCH<br/></p>              | <p><b>23</b><br/>NO LUNCH<br/></p>                           | <p><b>24</b><br/></p>                              |
|  | <p><b>27</b><br/></p>                              | <p><b>28</b><br/></p>                                   | <p><b>29</b><br/></p>                           | <p><b>30</b><br/></p>  | <p><b>31</b><br/></p>                             |

