



Student 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,

Student Lunch \$2.85

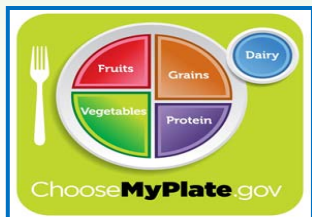
***Reduced Lunch \$.40**

Milk 50¢(A la Carte)

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

