

# MAY 2019 Student 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,

**Student Lunch \$2.85**

**\*Reduced Lunch \$0.40**

**\*Free \$0.00**

**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	<p>Hamburger Cheeseburger Chicken Sandwich Hot Dog/Corn Dog Vegetable Burgers Pizza Bar Fresh Salads Made to Order Deli</p>		<p>Bar <b>FRESH TO GO</b> Sandwiches &amp; Wraps 100% Fruit Juice</p>	<p><b>1</b> French Bread Pizza Soup of the Day Caesar Salad  Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>2</b> Pasta w/Pesto Sauce Grilled Chic Cheesy Breadstick Seasoned Veggies Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>3</b> Italian Beef on a Roll Baked Fries  Fruit &amp; Veggie Bar Choice of Milk</p>
	<p><b>6</b> Walking Tacos Meat &amp; Cheese Refried Beans, Corn &amp; Churro Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>7</b> 7pc Boneless Wings Honey BBQ/Bufalo Cheesy Pretzel Curly Fries Fruit &amp; Veggie Bar Choice of Mil</p>	<p><b>8</b> Falafel or Gyros On a Pita Fries &amp; Tzatziki Onions &amp; Tomatoes Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>9</b> Chicken Parmesan Pasta &amp; Marinara Cheesy Breadstick Seasoned Veggies Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>10</b> Build A Burger Beef or Fish Mushrooms Baked Onion Rings Fruit &amp; Veggie Bar Choice of Milk</p>	
	<p><b>13</b> Fish Sticks &amp; Fries Tartar Sauce Ice Cream Cup Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>14</b> 10 pc Chic Nuggets w/Breadstick Mashed Potatoes Seasoned Corn Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>15</b> Chic w/Asian Sauce Egg Fried Rice Seasoned Veggies Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>16</b> Pasta Bar Cheesy Breadstick Seasoned Veggies Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>17</b> Italian Beef on a Roll Baked Fries Fruit &amp; Veggie Bar Choice of Milk</p>	
<p><b>20</b> <b>CHEF'S SPECIAL</b> Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>21</b> <b>CHEF'S SPECIAL</b> Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>22</b> NO LUNCH </p>	<p><b>23</b> NO LUNCH </p>	<p><b>24</b>  </p>		
<p><b>27</b> </p>	<p><b>28</b> </p>	<p><b>29</b> </p>	<p><b>30</b> </p>	<p><b>31</b> </p>		

