

Artificial Ingredients, Additives, Preservatives

High-Fructose Corn Syrup

Fried Foods Mystery Meats

ALWAYS fresh NEVER frozen

**** 4-Star Schod Lunch Provider!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>What is the Illinois Harvest of the Month? Each month, we will feature a different local item on the Cafeteria menus. This month we are offering cabbage which is known as a dietary staple throughout the world!</p>	<p>1 4 Star Mac "N" Cheese Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>2 Hot Diggity Dog Creamy Coleslaw Just Picked Fruit Ice Cold Milk</p>	<p>3 Personal Pan Cheese Pizza Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>
<p>6 Cheese Stuffed Breadsticks w/ Dipping Sauce Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>7 Chicken Fajitas Brown Rice Peppers & Onions Just Picked Fruit Ice Cold Milk</p>	<p>8 Spaghetti & Meatballs Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>9 Baked Potato w/Creamy Cheese Sauce Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>10 Personal Pan Cheese Pizza Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>
<p>13 4 Star Mac "N" Cheese Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>14 Signature Calzones Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>15 Grilled Cheese Please! Apple Slaw Just Picked Fruit Ice Cold Milk</p>	<p>16 Turkey Nachos Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>17 Personal Pan Cheese Pizza Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>
<p>20 Chicken Nuggets Southern Sautee Cabbage Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>21 MMM Cheeseburgers Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>
<p>27 Crispy Chicken Sandwich Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>28 Cheese Quesadilla Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>29 Classic Sloppy Joe's Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>30 Hot Diggity Dog Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>Have your heard that we are a CEP District ? Community Eligible Provision 8 schools offer FREE meals to all students! Free School Meals Rock!</p>

Did you know that at a CEP schools if you bringing your own lunch entrée from home? You can grab a fruit, veggies & a cold milk every day for free to complete your meal!

Daily Special
Weekly Rotating special
Turkey & American Cheese Sub
Veggie Salad w/Beans
Sun Butter & Jelly

Elementary Weekly: Rotating Choices
Mon – All Beef Hot Dogs
Tues – Cheese Nachos
Weds- Chicken Nuggets
Thurs - Cheeseburger
Fri- Personal Pan Pepperoni Pizza

Middle School Daily Choices
Doughboy's Pizza (Available M, W, F)
Cheese Filled Bread Stick (Available Tues/Thurs)
-All Beef Hot Dog
Chicken Sandwich
Deli Bar
Grab n Go Veggie Salad
Sun Butter & Jelly Sandwich

Each meal includes rBST-free skim or 1% milk.



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