

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><b>What is the Illinois Harvest of the Month?</b></p> <p>Each month, we will feature a different local item on the Cafeteria menus. This month we are featuring <b>Carrots!</b> Fun Fact: The <b>Carrot</b> is a member of the parsley family.</p>			<p>1</p> <p>Personal Pan Cheese Pizza Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>
<p>4</p> <p>4 Star Mac N Cheese Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>5</p> <p>Breaded Chicken Drumstick Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>6</p> <p>Classic Chili Mac Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>7</p> <p>Hot Diggity Dog Super Steamed Veggies <b>Carrot Raisin Salad</b> Ice Cold Milk</p>	<p>8</p> <p>Personal Pan Cheese Pizza Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>
<p>11</p> <p>Classic Burger Western Baked Beans Just Picked Fruit Ice Cold Milk</p>	<p>12</p> <p>Grilled Cheese Please Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>13</p> <p>3 Cheese Quesadilla <b>Super X-ray Carrot Coins</b> Just Picked Fruit Ice Cold Milk</p>	<p>14</p> <p>Teriyaki Chicken Steamed Brown Rice Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>15</p> <p>Personal Pan Cheese Pizza Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>
<p>18</p> <p>Brunch for Lunch French Toast Turkey Sausage Link Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>19</p> <p>Taco Tuesday Soft Turkey Tacos Zippy Refried Beans Just Picked Fruit Ice Cold Milk</p>	<p>20</p> <p>Spaghetti &amp; Meatballs Super Steamed Veggies Just Picked Fruit Ice Cold Milk</p>	<p>21</p> <p>Personal Pan Cheese Pizza <b>Orange Glazed Carrots</b> Just Picked Fruit Ice Cold Milk</p>	<p>22</p> <p>Winter Break </p>
<p>25</p> <p>Winter Break</p>	<p>26</p> <p>Winter Break</p>	<p>27</p> <p>Winter Break</p>	<p>28</p> <p>Winter Break</p>	<p>29</p> <p><b>Have your heard that we are a CEP District ?</b> Community Eligible Provision 8 schools offer FREE meals to all students!</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- 2 Bosco Sticks  
Thurs – Chicken Nuggets  
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.

