

December

2017

La Grange School District Park Junior High

arbor Management Inc.



Farm Fresh Produce
featuring... **Squash**
Squash contains healthy fats Omega-3 and Omega-6 that your brain and nerves need to talk to your body.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch \$2.85 (Milk included with meal)</p> <p>Milk 55¢</p> <p>Offered Daily: Fat Free Flavored 1% White</p>				1 Grilled Cheese Romaine Salad Sliced Cucumbers 100% Fruit Juice
4 Mini Corn Dogs Romaine Salad Tiny Tomatoes Assorted Fresh Fruit	5 "NEW ITEM" Crispy Chicken on a Waffle Steamed Broccoli Black Beans Applesauce	6 Chicken Strips Whole Grain Roll Vegetarian Beans Cauliflower Buds Applesauce	7 Turkey & Cheese Sub Romaine Salad Tiny Tomatoes Assorted Fresh Fruit	8 BBQ Beef Ribbette Romaine Salad Tiny Tomatoes Applesauce
11 Chicken Nuggets w/Roll Baby Carrots w/Ranch Romaine Salad Assorted Fresh Fruit	12 Cheese Garlic Flatbread Seasoned Green Beans Broccoli Buds w/Ranch Assorted Fresh Fruit	13 Walking Taco w/Scoops Baby Carrots w/Ranch Romaine Salad Assorted Fresh Fruit	14 BRUNCH FOR LUNCH Waffles Turkey Sausage Baby Carrots w/Ranch Tri-Taters (1) Assorted Fresh Fruit	15 Crispy Chicken Sandwich Seasoned Green Beans Broccoli Buds w/Ranch Assorted Fresh Fruit
18 Western BBQ Burger Mashed Potatoes Sweet Corn Assorted Fresh Fruit	19 Meatball Sub w/Red Sauce Seasoned Green Beans Tiny Tomatoes 100% Fruit Juice	20 Grilled Cheese Romaine Salad Sliced Cucumbers 100% Fruit Juice	21 Chicken Nuggets w/Roll Baby Carrots w/Ranch Romaine Salad Assorted Fresh Fruit	22 HOLIDAY MEAL Oven Baked Turkey w/Mashed Potatoes & Gravy Sweet Corn Assorted Fresh Fruit
25	26	27	28	29

Available Daily
Chicken Sandwich
Cheeseburger
Hamburger
Nachos
Pizza
"Baked Fries"
Cheese Sauce
Grab N Go
Fresh Baked Cookies
Assorted Chips
Ice Cream
Water

NEW ITEM
December 5th
Crispy Chicken on a Waffle

Questions
Call Pam Boyd
Food Service Manager
708-215-7095

Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

For more information or to "Ask the Dietitian", check out our website!

Winter Break

(*) Contains Pork