

December

2017

La Grange School District 102

Cold Sack Lunch Menu

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.

PV

Lunch \$2.85
(Milk included with meal)

Milk 55¢

Offered Daily:
Fat Free Flavored
1% White

Eat Fruits & Veggies with Every Meal!

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!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ham & Cheese Sandwich Broccoli Buds Tiny Tomatoes 100% Fruit Juice
4 2 Cheddar Cheese Sticks w/Tortilla Chips Golden Sweet Corn Zesty Salsa Crisp Apple	5 Chicken Nuggets w/Soft Pretzel Stick Broccoli Buds Edamame Diced Peaches	6 Soft Sub Sandwich Garden Peas Tiny Tomatoes Orange Halves	7 Turkey & Cheese Wrap Coleslaw Baby Carrots w/Ranch 100% Fruit Juice	8 Chicken Wrap Sliced Beets Cauliflower Buds 100% Fruit Juice
11 Turkey & Cheese Wrap Garbanzo Beans Baby Carrots w/Ranch 100% Fruit Juice	12 Chilled Chicken Strips w/BBQ Sauce Wheat Roll Cucumber Slices Tiny Tomatoes Orange Halves	13 2 Cheddar Cheese Sticks w/Tortilla Chips Golden Sweet Corn Zesty Salsa Crisp Apple	14 Chilled Chicken Sandwich w/Mayo Broccoli Buds Tiny Tomatoes 100% Fruit Juice	15 Turkey & Cheese Sandwich Edamame Baby Carrots w/Ranch Red Apple
18 Chicken Nuggets w/Soft Pretzel Stick Broccoli Buds Tiny Tomatoes Orange Halves	19 Turkey & Cheese Wrap Garden Peas Tiny Tomatoes Diced Peaches	20 Chicken Wrap Animal Crackers Baby Carrots Red Apple	21 Ham & Cheese Sandwich Garden Peas Baby Carrots w/Ranch Orange Halves	22 Soft Sub Sandwich Broccoli Buds Baby Carrots w/Ranch 100% Fruit Juice
25	26	27	28	29

Winter Break

(*) Contains Pork