

January

2018

La Grange School District Park Junior High



Farm Fresh Produce
featuring... **Blueberries**
Did you know freezing blueberries and other produce helps to keep the nutrients inside?

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<h1>Winter Break</h1>				
8 **NEW ITEM** Sriracha Chicken Sandwich Steamed Broccoli Black Beans Applesauce	9 Walking Taco w/Scoops Baby Carrots w/Ranch Romaine Salad Assorted Fresh Fruit	10 Chicken Strips Whole Grain Roll Vegetarian Beans Cauliflower Buds Applesauce	11 Cheeseburger Assorted Fresh Veggies Assorted Fresh Fruit	12 Turkey & Cheese Sub Romaine Salad Tiny Tomatoes Assorted Fresh Fruit
15 MARTIN LUTHER KING DAY NO SCHOOL	16 Mac and Cheese W/WG Roll Garden Peas Tiny Tomatoes Applesauce	17 Mini Corn Dogs Romaine Salad Tiny Tomatoes Assorted Fresh Fruit	18 Cheese Raviolis OR Turkey Sub Baby Carrots w/Ranch Tiny Tomatoes Assorted Fresh Fruit	19 Chicken Nuggets w/Whole Grain Roll Baby Carrots w/Ranch Romaine Salad Assorted Fresh Fruit
22 Pizza Dippers Marinara Dipping Sauce Steamed Broccoli Beets Variety Fresh Fruit	23 Chicken Parmesan Sandwich Fresh Spinach Tiny Tomatoes Applesauce	24 Chicken Strips Whole Grain Roll Vegetarian Beans Cauliflower Buds Applesauce	25 Cheese Garlic Flatbread Seasoned Green Beans Broccoli Buds w/Ranch Assorted Fresh Fruit	26 Bean & Cheese Burrito Refried Beans Zesty Salsa Assorted Fresh Fruit
29 Cheese Quesadilla Refried or Black Beans Zesty Salsa Assorted Fresh Fruit	30 Waffles Turkey Sausage Baby Carrots w/Ranch Tri-Taters (1) Assorted Fresh Fruit	31 Walking Taco w/Scoops Baby Carrots w/Ranch Romaine Salad Assorted Fresh Fruit		

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
JANUARY 8TH
SRIRACHA CHICKEN SANDWICH

Lunch \$2.85
(Milk included with meal)
Milk 55¢
Offered Daily:
Fat Free Flavored
1% White

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!

(*) Contains Pork