

January

2018

La Grange School District 102

Cold Sack Lunch Menu

arbor Management Inc.



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 Ham & Cheese Sandwich Garden Peas Baby Carrots w/Ranch Orange Halves	9 Turkey & Cheese Sandwich Edamame Baby Carrots w/Ranch 100% Fruit Juice	10 Soft Sub Sandwich Garden Peas Tiny Tomatoes Orange Halves	11 Turkey & Cheese Wrap Coleslaw Baby Carrots w/Ranch 100% Fruit Juice	12 Chicken Wrap Sliced Beets Cauliflower Buds 100% Fruit Juice
15 MARTIN LUTHER KING DAY NO SCHOOL	16 Chilled Chicken Strips w/BBQ Sauce Wheat Roll Cucumber Slices Tiny Tomatoes Orange Halves	17 2 Cheddar Cheese Sticks w/Tortilla Chips Golden Sweet Corn Zesty Salsa Crisp Apple	18 Chilled Chicken Sandwich w/Mayo Broccoli Buds Tiny Tomatoes 100% Fruit Juice	19 Chicken Nuggets w/Soft Pretzel Stick Broccoli Buds Edamame Diced Peaches
22 Chicken Nuggets w/Soft Pretzel Stick Broccoli Buds Tiny Tomatoes Orange Halves	23 Turkey & Cheese Wrap Garden Peas Tiny Tomatoes Diced Peaches	24 Chilled Chicken Strips w/BBQ Sauce Wheat Roll Cucumber Slices Tiny Tomatoes	25 Ham & Cheese Sandwich Garden Peas Baby Carrots w/Ranch Orange Halves	26 Soft Sub Sandwich Broccoli Buds Baby Carrots w/Ranch 100% Fruit Juice
29 2 Cheddar Cheese Sticks w/Tortilla Chips Golden Sweet Corn Zesty Salsa Orange Halves	30 Chilled Chicken Sandwich w/Mayo Broccoli Buds Tiny Tomatoes 100% Fruit Juice	31 Turkey & Cheese Sandwich Tiny Tomatoes Cucumbers w/Ranch 100% Fruit Juice		



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!

(*) Contains Pork