

LAG School District 102 Sack Menu

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL LABOR DAY	Turkey & Cheese Sandwich Edamame Baby Carrots w/ Ranch 100% Fruit Juice	Soft Sub Sandwich Garden Peas Baby Carrots w/ Ranch Orange Halves	Chilled Chicken Sandwich w/Mayo Broccoli Buds Tiny Tomatoes 100% Fruit Juice	Turkey & Cheese Wrap Coleslaw Baby Carrots w/Ranch Crispy Apple
9	10	11	12	13
Chicken Nuggets w/Soft Pretzel Stick Broccoli Buds Tiny Tomatoes Orange Halves	Ham & Cheese Sandwich Garden Peas Baby Carrots w/Ranch 100% Fruit Juice	Chicken Wrap Baby Carrots w/Ranch Cauliflower Buds Crisp Apple	Ham & Cheese wrap Garbanzo Beans Tiny Tomatoes Fresh Pear	Chilled Chicken Strips w/BBQ Sauce Wheat Roll Cucumber Slices Tiny Tomatoes 100% Fruit Juice
16	17	18	19	20
Turkey & Cheese Wrap Coleslaw Baby Carrots w/Ranch 100% Fruit juice	Chilled Chicken Sandwich w/Mayo Broccoli Buds Tiny Tomatoes Orange Halves	2 Cheddar Cheese Sticks w/Tortilla Chips Golden Sweet Corn Zesty Salsa Crisp Apple	Ham & Cheese Sandwich Garden Peas Baby Carrots w/Ranch 100% Fruit Juice	Chicken Wrap Baby Carrots w/ Ranch Cauliflower Buds Fresh Pears
23	24	25	26	27
Chilled Chicken Strips w/BBQ Sauce Wheat Roll Cucumber Slices Tiny Tomatoes 100% Fruit Juice	Soft Sub Sandwich Garden Peas Tiny Tomatoes Orange Halves	Ham & Cheese Wrap Garbanzo Beans Tiny Tomatoes Fresh Pear	Turkey & Cheese Sandwich Edamame Baby Carrots w/ Ranch 100% Fruit Juice	2 Cheddar Cheese Sticks w/Tortilla Chips Golden Sweet Corn Zesty Salsa Crispy Apple
30				
Ham & Cheese Sandwich Garden Peas Baby Carrots w/ Ranch 100% Fruit Juice				

Lunch
\$2.95
Milk is
Included
With Meal

Milk
\$.55
A Variety of
Milk is Offered
Daily

Questions about the menu?
Neicy Wicks
Arbor @dist102.k12.il.us
708-215-7095

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




Comprehensive
nutrition & allergy
guides are
available in the
Foodservice Office.

(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally
necessary. Notice will be given when
possible.

This institution is an equal opportunity
employer.