

# Elementary School District 159

## Elementary Lunch Menu

### January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
7	8	9	10	11
Juicy Cheddar Burger Or Turkey Sausage Pizza Garden Salad Sliced Cucumbers Assorted Fresh Fruit	Spicy Chicken Sandwich Or Cheese Pizza Seasoned Green Beans Baby Carrots/Ranch Assorted Fresh Fruit	Walking Taco w/Scoops Or Soft Shell Zesty Tacos Refried Beans Salsa 100% Fruit Juice	Grilled Cheese Or Fiesta Nachos Garden Salad w/Tomatoes Tri-Taters Assorted Fresh Fruit	Cheese Pizza Or Chicken Nuggets w/Soft Pretzel Baby Carrots w/Ranch Cucumber Slices 100% Fruit Juice
14	15	16	17	18
Western Burger Or Walking Tacos w/Scoops Seasoned Corn Black Beans Assorted Fresh Fruit	Turkey Sub w/Toppings Or **Chicken Nuggets Steamed Cauliflower Tri-Tater (1) Assorted Fresh Fruit	Grilled Cheeseburger Or Parmesan Chicken on a Roll Steamed Broccoli Garbanzo Beans 100% Fruit Juice	*BBQ Ribette Or Pepperoni Pizza Garden Fresh Salad Cherry Tomatoes Assorted Fresh Fruit	Ravioli in Marinara Sauce Or Stuffed Pizza Sticks Garden Salad Cherry Tomatoes Assorted Fresh Fruit
21	22	23	24	25
No School  Holiday	Salisbury Steak Sandwich Or Cheesy Garlic Flatbread Garden Salad Baby Carrots/Ranch 100% Fruit Juice	Crunchy Mini Corn Dogs Or Fiesta Nachos w/Toppings Refried Beans Tri-Taters (1) Assorted Fresh Fruit	<b>Pizza Burger</b> Or **Baked Chicken Nuggets Garden Salad Tri-Tater (1) 100% Fruit Juice	Crispy Chicken on a Roll Or *BBQ Ribette Garden Salad Tri-Tater (1) Assorted Fresh Fruit
28	29	30	31	
BBQ Burger on a Roll Or Stuffed Crust Pizza Leafy Spinach/Tomatoes Tri-Tater (1) Assorted Fresh Fruit	**Popcorn Chicken Or Cheesy Hot Dog Garlic Green Beans Baby Carrots/Ranch 100% Fruit Juice	Fiesta Nachos Or Chicken Quesadilla Seasoned Black Beans Fiesta Corn Applesauce	Meatballs/Country Gravy Or Turkey/Country Gravy Mashed Potatoes Broccoli Florets 100% Fruit Juice	

Lunch  
\$2.60

Milk  
\$0.50

Questions about the menu?  
Mykela Collins  
mkyler@dist159.com  
708-283-9733

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




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

This institution is an equal opportunity  
employer.

