FEBRUARY

Lunch

preferredmeals
an elior company

LYONS SCHOOL DISTRICT 103

Monday	Tuesday	Wednesday	Thursday	Friday
January 28, 2019	**January 29, 2019**	**January 30, 2019**	**January 31, 2019**	**February 1, 2019**
				HALF DAY NO LUNCH
February 4, 2019	**February 5, 2019**	**February 6, 2019**	**February 7, 2019**	**February 8, 2019**
PANCAKES & SAUSAGE ^ Potato Rounds SunSet Sip Juice Diced Pears Syrup Ketchup Choice of Milk	CHEESE PIZZA^ Green Beans Applesauce Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Orange Juice Mustard Ketchup (2) Choice of Milk	BAKED CHICKEN NUGGETS Marinara Dipping Sauce Romaine Lettuce Fat Free Ranch Dressing Mixed Fruit Cup Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Whole Wheat Bread Mixed Vegetables Fresh Banana Choice of Milk
February 11, 2019	**February 12, 2019**	**February 13, 2019**	**February 14, 2019**	**February 15, 2019**
PEPPERONI PIZZA ^ Green Beans Apple-Cranberry Juice Choice of Milk	BEAN & CHEESE BURRITO Salsa Cup Whole Kernel Corn Mixed Fruit Cup Choice of Milk	CHICKEN NUGGETS WITH POTATO ROUNDS ^ Taco Beans Blended Fruit Juice Corn Muffin ^ BBQ Sauce Ketchup Choice of Milk	MACARONI & CHEESE ^ Romaine Lettuce Fresh Baby Carrots Fat Free Ranch Dressing Sliced Apples Choice of Milk	
February 18, 2019	**February 19, 2019**	**February 20, 2019**	**February 21, 2019**	**February 22, 2019**
	CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ French Fries Fresh Baby Carrots Fat Free Ranch Dressing Fresh Pear Mustard Ketchup Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Tropical Veggie Juice Diced Peaches Choice of Milk	CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Romaine Lettuce Fresh Celery Sticks Fat Free Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
February 25, 2019	**February 26, 2019**	**February 27, 2019**	**February 28, 2019**	**March 1, 2019**
CORN DOG ON A STICK^ Mixed Vegetables Grape Juice Mustard Ketchup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ TOMATO SOUP W/ NOODLE SHAPES Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Fresh Orange Choice of Milk	CHILI Corn Muffin ^ French Fries Sliced Apples Ketchup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

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Nutritional Information: LYONS SCHOOL DISTRICT 103

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
1 -																
	HALF DAY NO LUNCH	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-04-2019																
	PANCAKES & SAUSAGE ^	282	8	1	0	42	527	30	4	7	22	3	0	130	2	MMA:2.25oz G/B:2sv WG
	Potato Rounds	137	6	1	0	0	275	17	2	0	2	0	0	0	0	V:1/2c S
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-05-2019																
	CHEESE PIZZA^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-06-2019																
	HOT DOG W/ POTATO ROUNDS	178	12	4	0	25	498	11	1	1	5	0	0	0	1	MMA:1.5oz G/B:1.5sv V:1/4c S
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-07-2019																
	BAKED CHICKEN NUGGETS	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG

	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-08-2019																
	SALISBURY STEAK W/GRAVY & MASHED POTATOES	285	11	2	0	35	980	26	2	3	19	7	59	69	1	MMA:2oz V:1/2c S
	Whole Wheat Bread	139	2	0	0	0	279	26	3	3	5	0	0	50	1	G/B:1sv WG
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c RO V:1/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-11-2019																
	PEPPERONI PIZZA ^	317	12	5	0	26	850	34	2	3	16	53	0	344	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-12-2019																
	BEAN & CHEESE BURRITO	312	11	6	0	20	443	39	5	2	15	68	1	208	3	MMA:2oz G/B:2.25sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-13-2019																
	CHICKEN NUGGETS WITH POTATO ROUNDS ^	294	16	3	0	44	612	21	2	0	17	38	0	0	0	MMA:2oz G/B:1sv WG V:1/4c S
	Taco Beans	234	2	0	0	0	543	42	11	2	14	117	4	131	2	V:1/2c L V:1/8c RO
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-14-2019																
	MACARONI & CHEESE ^	401	19	11	0	58	828	39	2	9	19	140	0	458	1	MMA:2oz G/B:1sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c

	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-19-2019																
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-20-2019																
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-21-2019																
	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-22-2019																
	CRISPY CHICKEN FILLET ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fresh Celery Sticks	18	0	0	0	0	88	4	2	2	1	100	60	40	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02																

	CORN DOG ON A STICK^	280	13	4	0	40	660	31	2	9	9	30	9	60	2	MMA:2oz G/B:2sv WG
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-26-2019																
	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	3 CHEESE PANINI ^	286	13	7	0	35	533	27	2	2	15	90	0	337	2	MMA:1.5oz G/B:2sv WG
	TOMATO SOUP W/ NOODLE SHAPES	226	12	2	0	1	633	25	1	5	4	0	0	49	1	
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-27-2019																
	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz G/B:2sv V:1/4c RO
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-28-2019																
	CHILI	183	3	0	0	17	679	25	5	5	13	152	3	47	2	
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Grean R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: LYONS SCHOOL DISTRICT 103

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

	Item Name	Milk	Egg	Peanu	Tree Nut	Fish	Shellfish	Soy	Wheat
1 -									
	HALF DAY NO LUNCH								
02-04-2019									
	PANCAKES & SAUSAGE ^	X	X					X	X
	Potato Rounds							X	
	SunSet Sip Juice								
	Diced Pears								
	Syrup								
	Ketchup								
	Choice of Milk	X							
02-05-2019									
	CHEESE PIZZA^	X						X	X
	Green Beans								
	Applesauce Cup								
	Choice of Milk	X							
02-06-2019									
	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^							X	X
	Maple Baked Beans								
	Orange Juice								
	Mustard								
	Ketchup (2)								
	Choice of Milk	X							
02-07-2									
	BAKED CHICKEN NUGGETS							X	X

	Marinara Dipping Sauce	X						X	
	Romaine Lettuce								
	Fat Free Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Choice of Milk	X							
02-08-2019									
	SALISBURY STEAK W/GRAVY & MASHED POTATOES	X						X	X
	Whole Wheat Bread							X	X
	Mixed Vegetables								
	Fresh Banana								
	Choice of Milk	X							
02-11-2019									
	PEPPERONI PIZZA ^	X						X	X
	Green Beans								
	Apple-Cranberry Juice								
	Choice of Milk	X							
02-12-2019									
	BEAN & CHEESE BURRITO	X						X	X
	Salsa Cup								
	Whole Kernel Corn								
	Mixed Fruit Cup								
	Choice of Milk	X							
02-13-2019									
	CHICKEN NUGGETS WITH POTATO ROUNDS ^							X	X
	Taco Beans								
	Blended Fruit Juice								
	Corn Muffin ^								X
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
02-14-2									
	MACARONI & CHEESE ^	X						X	X

	Romaine Lettuce								
	Fresh Baby Carrots								
	Fat Free Ranch Dressing	X	X					X	
	Sliced Apples								
	Choice of Milk	X							
02-19-2019									
	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Maple Baked Beans								
	Applesauce Cup								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
02-20-2019									
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^							X	X
	French Fries							X	
	Fresh Baby Carrots								
	Fat Free Ranch Dressing	X	X					X	
	Fresh Pear								
	Mustard								
	Ketchup								
	Choice of Milk	X							
02-21-2019									
	PIZZA DIPPERS	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Tropical Veggie Juice								
	Diced Peaches								
	Choice of Milk	X							
02-22-2019									
	CRISPY CHICKEN FILLET ^							X	X
	Hamburger Bun ^							X	X
	Romaine Lettuce								

	Fresh Celery Sticks								
	Fat Free Ranch Dressing	X	X					X	
	Fresh Banana								
	BBQ Sauce							X	
	Choice of Milk	X							
02-25-2019									
	CORN DOG ON A STICK^	X	X					X	X
	Mixed Vegetables								
	Grape Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
02-26-2019									
	TOASTY TUESDAY**								
	3 CHEESE PANINI ^	X						X	X
	TOMATO SOUP W/ NOODLE SHAPES	X						X	X
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Choice of Milk	X							
02-27-2019									
	BBQ CHICKEN							X	
	Hamburger Bun ^							X	X
	Maple Baked Beans								
	Fresh Orange								
	Choice of Milk	X							
02-28-2019									
	CHILI							X	
	Corn Muffin ^								X
	French Fries							X	
	Sliced Apples								
	Ketchup								

	Choice of Milk	X							