

Elementary School District 159 Elementary Lunch Menu

OCTOBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 NEW ITEM	2	3	4
	Sausage Pancake Stick Or Crispy Chicken Tenders Waffle Sticks Carrots Tri Taters (1) Assorted Fresh Fruit	BBQ Burger on a Roll Or Stuffed Crust Pizza Leafy Spinach/Tomatoes Tri-Tater (1) Assorted Fresh Fruit	Cheese Pizza Or Chicken Nuggets w/Cornbread Baby Carrots w/Ranch Cucumber Slices 100% Fruit Juice	Cheese Pizza Or Walking Taco w/Scoops Steamed Broccoli Salsa/Black Beans Assorted Fresh Fruit
7	8	9	10 Brunch For Lunch	11
Salisbury Steak Sandwich Or Cheesy Garlic Flatbread Garden Salad Baby Carrots/Ranch 100% Fruit Juice	Grilled Cheeseburger Or Parmesan Chicken on a Roll Steamed Broccoli Garbanzo Beans 100% Fruit Juice	Ravioli in Marinara Sauce Or Stuffed Pizza Sticks Garden Salad Cherry Tomatoes Assorted Fresh Fruit	Breakfast Burrito Or Maple Madness Pancakes Turkey Sausage Tri-Tater (2) Baby Carrots/Ranch Applesauce	Pizza Burger Or **Baked Chicken Nuggets Garden Salad Tri- Tater (1) 100% Fruit Juice
14	15	16 NEW ITEM	17	18
Holiday No School	Turkey Sub w/Toppings Or **Chicken Nuggets Steamed Cauliflower Tri- Tater (1) Assorted Fresh Fruit	Grilled Cheeseburger Or PizzaBoli Steamed Broccoli Garbanzo Beans 100% Fruit Juice	Malibu Chicken Sandwich Or Pepperoni Pizza Garden Fresh Salad Cherry Tomatoes Assorted Fresh Fruit	Spicy Chicken Sandwich Or Cheese Pizza Seasoned Green Beans Baby Carrots/Ranch Assorted Fresh Fruit
21	22 NEW ITEM	23	24	25
Western Burger Or Walking Tacos w/Scoops Seasoned Corn Black Beans Assorted Fresh Fruit	Meatballs/Brown Gravy Or Crispy Chicken Drum Stick Mashed Potatoes Broccoli Florets 100% Fruit Juice	**Chicken Tenders** Or Pasta w/Meat Sauce Steamed Broccoli Cauliflower Buds 100% Fruit Juice	Fiesta Nachos Or Chicken Quesadilla Seasoned Black Beans Fiesta Corn Applesauce	Turkey Sub w/Toppings Or Chicken Nuggets w/Cornbread Steamed Cauliflower Tri- Tater (1) Assorted Fresh Fruit
28	29	30	31 New Item/Cookie	
Juicy Cheddar Burger Or Turkey Sausage Pizza Garden Salad Sliced Cucumbers Assorted Fresh Fruit	Crispy Chicken on a Roll Or *BBQ Ribette Garden Salad Tri—Tater (1) Assorted Fresh Fruit	Grilled Cheeseburger Or Spicy Chicken on a Roll Seasoned Green Beans Cherry Tomatoes Assorted Fresh Fruit	**Popcorn Chicken Or Sloppy Joe Scoops Garlic Green Beans Baby Carrots/Ranch 100% Fruit Juice	

Lunch
\$2.70
Milk is
Included
With Meal

Milk
\$0.50
A Variety of
Milk is
Offered
Daily

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

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




Available Daily:
Chicken Caesar Wrap
or
Southwest Chicken Wrap
Turkey & Cheese Sub
Crispy or Grilled Chicken
Salad

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

This institution is an equal opportunity
employer.