



January 2023

U-46 MIDDLE & HIGH SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

6



NO SCHOOL
ENJOY WINTER BREAK!

In addition to the hot entrees, Grab & Go deli sandwiches, PB&Js, and salads are available. Additional specials MAY BE offered daily & MAY include

- Breaded Chicken
- Cheese or Pepperoni Pizza
- Mini-Corndogs
- Jumbo Pretzel w/Cheese
- Hamburgers
- Chicken Tenders
- Bosco Sticks w/Marinara

Check your school's menu board for specifics.

Choice of fruit, vegetables, and milk offered with all entree options.

Menu Questions?
Contact Christine Cliff, U-46 District Dietitian, at ChristineCliff@u-46.org or (847) 888-5000 x5034

Menus subject to change.

In accordance with Federal Law & U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director/Office of Adjudication, 1400 Independence Ave. SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service (800) 877-8339 or (800) 845-6136 (Spanish) USDA is an equal opportunity provider & employer.

9
ALL ABOUT CHEESE
Garlic Parmesan Bosco Sticks
w/ Marinara Sauce
OR
Jumbo Pretzel w/ Cheese

10
CHICK 'N DIP
Chicken Tenders w/ Roll
w/ Choice of Dipping Sauces
OR
Pizza Crunchers

11
COMFORT BOWL
Mashed potatoes topped with
Popcorn Chicken
Corn & Gravy w/ Dinner Roll
OR
Garlic French Bread Pizza

12
GET CHILI-AXED
Beef Chili w/ Biscuit
OR
Mozzarella Sticks w/ Marinara

13
MAC MY DAY
Mac n Cheese w/
Choice of meat, beans
and fresh toppings

16
**NO SCHOOL
MARTIN LUTHER
KING JR.
DAY**

17
FIESTA DAY
Loaded Nachos
Choice of meat, beans
or cheese and fresh toppings
w/ corn chips

18
GET RIBBED
Western BBQ Rib Patty Sandwich
OR
Jumbo Pretzel w/ Cheese

19
MANGIA! MANGIA!
Jumbo Cheese Ravioli w/ Marinara
& Garlic Breadstick
OR
Italian Cheesy Pull-Apart Bread

20
BRING ON THE HEAT
Spicy Chicken Patty Sandwich
OR
Cheese Quesadilla w/ Salsa

23
THAT'S A WRAP
Cheesy Chicken Tender Wrap
OR
Bean & Cheese Burrito
w/ Salsa

24
WHICH 'WICH
Hot Ham & Cheese Croissant
OR
Grilled Cheese

25
PIZZA! PIZZA!
Choice of Cheese or
Pepperoni
OR
Mini-Chicken Corndogs

26
TASTE OF THE EAST
Teriyaki BBQ Chcken
w/ Brown Rice
OR
Pizza Crunchers

27
**NO SCHOOL
INSTITUTE DAY**

30
ALL ABOUT CHEESE
Garlic Parmesan Bosco Sticks
w/ Marinara Sauce
OR
Jumbo Pretzel w/ Cheese

31
CHICK 'N DIP
Chicken Tenders w/ Roll
w/ Choice of Dipping Sauces
OR
Pizza Crunchers

February 1
COMFORT BOWL
Mashed potatoes topped with
Popcorn Chicken
Corn & Gravy w/ Dinner Roll
OR
Garlic French Bread Pizza

2
GET CHILI-AXED
Beef Chili w/ Biscuit
OR
Mozzarella Sticks w/ Marinara

3
MAC MY DAY
Mac n Cheese w/
Choice of meat, beans
and fresh toppings