

May 2023 Lunch Menu



U-46 Food & Nutrition Services

Updated 4.3.2023

MON	TUE	WED	THU	FRI	Menu Subject to Change
1	2	3	4	5	
FROM THE GRILL Hamburger on a Bun OR Black Bean Veggie Burger Choice of toppings	CHICK'N DIP Chicken Nuggets w/ Breadstick Choice of Dipping Sauces OR Garlic French Bread	PIZZA! PIZZA! Choice of Cheese or Pepperoni OR Mini-Corndogs	BRING ON THE HEAT Spicy Chicken Patty Sandwich OR Cheese Quesadilla w/ Salsa	NO SCHOOL INSTITUTE DAY	CHOICE OF FRUIT, VEGETABLES & MILK (1 % PLAIN & FAT FREE FLAVORED) AVAILABLE WITH ALL ENTREES
8	9	10	11	12	
MANGIA! MANGIA! Lasagna Roll-Up w/ Marinara & Garlic Breadstick OR Italian Meatball Sub	THAT'S A WRAP Choice of Chicken Tenders OR Buffalo Chik'N Nuggets Topped w/ Cheese on a Tortilla	MAC MY DAY Mac n Cheese w/ Choice of meat, beans and fresh toppings	FROM THE GRILL Beef Hot Dog on a Bun OR Pizza Crunchers Choice of toppings	SOUTH OF THE BORDER Chicken Fajitas w/ Roasted Peppers & Onions on a Tortilla OR Parmesan Bosco Sticks w/ Marinara	In addition to hot entrees, Grab & Go, PB&J's and salads are available. Additional specials MAY be offered daily and include: <ul style="list-style-type: none"> • Chicken Tenders or Chicken Patty • Pizza • Mini-Corndogs • Jumbo Pretzel w/ Cheese • Bosco Sticks w/ Marinara
15	16	17	18	19	
ZONED OUT Meat Lovers Calzone OR Mini-Cheese Calzones w/ Marinara	TASTE OF THE EAST Orange Chicken w/ Brown Rice OR Pizza Crunchers	BONELESS WING TOSS Popcorn Chicken topped w/ Choice of sauce & Roll OR Parmesan Bosco Sticks w/ Marinara	WHICH 'WICH Hot Ham & Cheese Croissant OR Veg n Cheese Stuffed Sandwich	ALL ABOUT CHEESE Mozzarella Sticks w/ Marinara OR Grilled Cheese Sandwich	
22	23	24	25	26	
FROM THE GRILL Hamburger on a Bun OR Black Bean Veggie Burger Choice of toppings	CHICK'N DIP Chicken Nuggets w/ Breadstick Choice of Dipping Sauces OR Garlic French Bread	PIZZA! PIZZA! Choice of Cheese or Pepperoni OR Mini-Corndogs	BRING ON THE HEAT Spicy Chicken Patty Sandwich OR Cheese Quesadilla w/ Salsa	FIESTA DAY Loaded Nachos Choice of meat, beans or cheese & fresh toppings w/ corn chips	Check your school's menu board for current daily options
29	30	Last Day of School 31	JUNE 1 2		
NO SCHOOL MEMORIAL DAY 	THAT'S A WRAP Choice of Chicken Tenders OR Buffalo Chik'N Nuggets Topped w/ Cheese on a Tortilla	FROM THE GRILL Beef Hot Dog on a Bun OR Pizza Crunchers Choice of toppings	<i>Enjoy your summer break!</i>		Menu Questions? Contact Christine Cliff, U-46 District Dietitian, at ChristineCliff@u-46.org or (847) 888-5000 x5034

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