



October 2022 U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 BREAKFAST FOR LUNCH Chicken & Waffles OR Cheesy Eggs w/ Waffles</p>	<p>4 DELI MADE YOUR WAY Choice of Meat, Cheese & Fresh Toppings on Tortilla or Bread OR Bosco Sticks w/ Marinara</p>	<p>5 GET RIBBED Honey BBQ Rib Patty Sandwich OR Pizza Crunchers</p>	<p>6 PASTA MANIA Pasta topped with choice of meat, fresh toppings & 3 sauces w/ Garlic Bread OR Italian Meatball Sub</p>	<p>7 FROM THE GRILL Beef Hot Dog w/ toppings OR Mozzarella Sticks w/ Marinara</p>
<p>10</p>	<p>11 ALL ABOUT THE CHEESE Mozzarella Sticks w/ Marinara OR Garlic French Bread Pizza</p>	<p>12 RICE BOWL <i>Build Your Own Bowl</i> Choice of Rice, Beans, Meat, Cheese & Fresh Toppings</p>	<p>13 MANGIA! MANGIA! Chicken Parmesan Sandwich OR Lasagna Roll-Up w/ Marinara and Roll or Breadstick</p>	<p>14 BONELESS WING TOSS Popcorn Chicken topped with choice of sauces OR Italian Cheesy Pull-Apart Bread</p>
HOLIDAY NO SCHOOL				
<p>17 THAT'S A WRAP Cheesy Chicken Tender Wrap OR Bean & Cheese Burrito w/ Salsa</p>	<p>18 CHICK 'N DIP Chicken Tenders w/ Roll w/ Choice of Dipping Sauces OR Pizza Crunchers</p>	<p>19 PIZZA! PIZZA! Choice of Cheese or Pepperoni OR Mini-Chicken Corndogs</p>	<p>20 TASTE OF THE EAST Teriyaki BBQ Chcken w/ Brown Rice OR Pizza Crunchers w/ Marinara</p>	<p>21</p>
INSTITUTE DAY NO SCHOOL				
<p>24 ALL ABOUT CHEESE Garlic Parmesan Bosco Sticks w/ Marinara Sauce OR Jumbo Pretzel w/ Cheese</p>	<p>25 WHICH 'WICH Hot Ham & Cheese Croissant OR Grilled Cheese</p>	<p>26 COMFORT BOWL Mashed potatoes topped with Popcorn Chicken, Corn & Gravy w/ Dinner Rolls OR Garlic French Bread Pizza</p>	<p>27 GET CHILI-AXED Beef Chili w/ Biscuit OR Mozzarella Sticks w/ Marinara</p>	<p>28 MAC MY DAY Mac n Cheese w/ Choice of meat, beans and fresh toppings</p>
<p>31</p>	<p>November 1 FIESTA DAY Loaded Nachoes Choice of meat, beans or cheese and fresh toppings w/ corn chips</p>	<p>2 GET RIBBED Western BBQ Rib Patty Sandwich OR Jumbo Pretzel w/ Cheese</p>	<p>3 MANGIA! MANGIA! Jumbo Cheese Ravioli w/ Marinara & Garlic Breadstick OR Italian Cheesy Pull-Apart Bread</p>	<p>4 BRING ON THE HEAT Spicy Chicken Patty Sandwich OR Cheese Quesadilla w/ Salsa</p>