



Food & Nutrition Services

In addition to the hot entrees, grab & go deli sandwiches, PB&Js, and salads are available. Two additional specials are offered daily and may include these:

- Chicken Sandwiches
- House Made Pizzas
- Bosco Sticks w/Marinara
- Jumbo Pretzel w/Cheese Hamburgers
- Corn Dogs
- Chicken Tenders

**Check your school's menu board for**

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

You need to take a FULL serving of fruit and/or vegetables to make your meal complete.

**MENU SUBJECT TO CHANGE**

Find Allergen and Carbohydrate

information at:


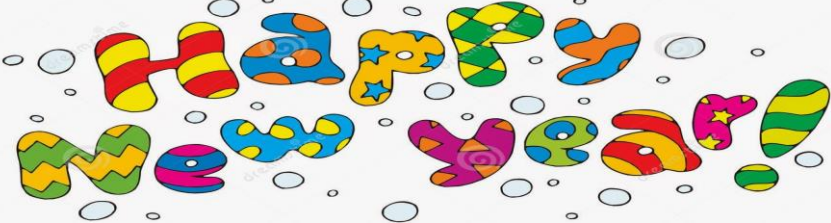




<https://www.u-46.org/Page/9190>  
**Menu Questions?**

Contact Christine Cliff, U-46.org or (847)888-5000 x5034

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# JANUARY 2023

## U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p><b>ALL ABOUT CHEESE</b> 9</p> <p>BOSCO STICKS WITH MARINARA OR JUMBO PRETZEL WITH CHEESE SAUCE</p> <p>GRILLED CHICKEN PATTY OR HOUSE MADE PIZZA</p> <p>CHEESY BROCCOLI</p> <p>MILK - JUICE- FRUIT</p>	<p><b>CHICK 'N DIP</b> 10</p> <p>CHICKEN TENDERS WITH A ROLL OR PIZZA CRUNCHERS OR NASHVILLE HOT CHICKEN TENDER SANDWICH OR HOUSE MADE PIZZA</p> <p>SEASONED BLACK BEANS</p> <p>MILK - JUICE- FRUIT</p>	<p><b>COMFORT BOWL</b> 11</p> <p>MASHED POTATOES &amp; GRAVY WITH POPCORN CHICKEN OR GARLIC FRENCH BREAD PIZZA OR HOUSE MADE PIZZA</p> <p>WHOLE KERNEL CORN</p> <p>MILK - JUICE- FRUIT</p>	<p><b>GET CHILI-AXED</b> 12</p> <p>BEEF CHILI W/CORN BREAD OR MOZZARELLA STICKS WITH MARINARA OR SPICY CHICKEN PATTY or HOUSE MADE PIZZA</p> <p>CURLY FRIES</p> <p>MILK - JUICE- FRUIT</p>	<p><b>MAC MY DAY</b> 13</p> <p>MAC 'N CHEESE WITH CHOICE OF TOPPING OR TURKEY MEATBALL SUB SANDWICH OR HOUSE MADE PIZZA</p> <p>STEAMED BROCCOLI</p> <p>MILK - JUICE- FRUIT</p>
<p>NO SCHOOL</p>  <p><b>HAPPY MARTIN LUTHER KING DAY</b></p>  <p>MILK - JUICE- FRUIT</p>	<p><b>FIESTA DAY</b> 17</p> <p>LOADED NACHOS WITH CHOICE OF MEAT OR TACO SALAD BOWL OR PIZZA CRUNCHERS</p> <p>HOUSE MADE PIZZA</p> <p>RANCHERO PINTO BEANS</p> <p>MILK - JUICE- FRUIT</p>	<p><b>GET RIBBED</b> 18</p> <p>BBQ CHICKEN SANDWICH OR JUMBO PRETZEL WITH CHEESE SAUCE OR SPICY CHICKEN PATTY OR HOUSE MADE PIZZA</p> <p>MASHED POTATOES &amp; GRAVY</p> <p>MILK - JUICE- FRUIT</p>	<p><b>MANGIA! MANGIA!</b> 19</p> <p>JUMBO CHEESE RAVIOLI AND GARLIC STICK OR GARLIC FRENCH BREAD PIZZA OR BEEF BURGER ON A BUN</p> <p>HOUSE MADE PIZZA</p> <p>SEASONED POTATOES</p> <p>MILK - JUICE- FRUIT</p>	<p><b>BRING ON THE HEAT</b> 20</p> <p>PORK CARNITA &amp; TORTILLAS WITH TOPPING OR CHEESE QUESADILLA OR HOUSE MADE PIZZA</p> <p>CURLY FRIES</p> <p>MILK - JUICE- FRUIT</p>
<p><b>THAT'S A WRAP</b> 23</p> <p>CHEESY CHICKEN WRAP OR BEAN &amp; CHEESE BURRITO OR BBQ PULLED PORK ON A BUN or HOUSE MADE PIZZA</p> <p>RANCHERO PINTO BEANS</p> <p>MILK - JUICE- FRUIT</p>	<p><b>WHICH 'WICH</b> 24</p> <p>HOT HAM &amp; CHEESE CROISSANT OR TEXAS GRILLED CHEESE OR BEEF BURGER ON A BUN</p> <p>HOUSE MADE PIZZA</p> <p>WHOLE KERNEL CORN</p> <p>MILK - JUICE- FRUIT</p>	<p><b>PIZZA! PIZZA!</b> 25</p> <p>MINI CHICKEN CORN DOGS OR BREADED CHICKEN SANDWICH OR HOUSE MADE PIZZA</p> <p>POTATOES</p> <p>MILK - JUICE- FRUIT</p>	<p><b>TASTE OF THE EAST</b> 26</p> <p>TERIYAKI BBQ CHICKEN OR ORANGE CHICKEN WITH BROWN RICE OR PIZZA CRUNCHERS</p> <p>HOUSE MADE PIZZA</p> <p>STEAMED BROCCOLI</p> <p>MILK - JUICE- FRUIT</p>	<p>NO SCHOOL 27</p>  <p>INSTITUTE DAY</p>
<p><b>ALL ABOUT CHEESE</b> 30</p> <p>BOSCO STICKS WITH MARINARA OR JUMBO PRETZEL WITH CHEESE SAUCE OR HOUSE MADE PIZZA</p> <p>POTATOES</p> <p>MILK - JUICE- FRUIT</p>	<p><b>CHICK 'N DIP</b> 31</p> <p>CHICKEN TENDERS WITH A ROLL OR PIZZA CRUNCHERS OR NASHVILLE HOT CHICKEN SANDWICH</p> <p>SOUTHERN STYLE GREEN BEANS</p> <p>MILK - JUICE- FRUIT</p>	<p><b>COMFORT BOWL</b> 1</p> <p>MASHED POTATOES &amp; GRAVY WITH POPCORN CHICKEN OR GARLIC FRENCH BREAD PIZZA or HOUSE MADE PIZZA</p> <p>WHOLE KERNEL CORN</p> <p>MILK - JUICE- FRUIT</p>	<p><b>GET CHILI-AXED</b> 2</p> <p>BEEF CHILI W/CORN BREAD OR MOZZARELLA STICKS WITH MARINARA OR HOUSE MADE PIZZA</p> <p>POTATOES</p> <p>MILK - JUICE- FRUIT</p>	<p><b>MAC MY DAY!</b> 3</p> <p>MAC 'N CHEESE WITH CHOICE OF TOPPING OR HOUSE MADE PIZZA</p> <p>BROCCOLI</p> <p>MILK - JUICE- FRUIT</p>