



Food & Nutrition Services

# AUGUST 2022 U-46 HIGH SCHOOL SUPPER MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**FREE MEALS**  
FOR ALL STUDENTS



**Take 3 and it's FREE**  
Bringing your lunch from home?  
Add a fruit, grain & milk for **FREE!**

+ + = **FREE**

If you prefer to bring your favorite entree from home, then we will provide everything else to create a healthy, filling and delicious meal - for FREE!  
\*Contents vary daily

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 specifics.

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.

Menus subject to change

<p><b>Menu Questions?</b> Contact Christine Cliff, U-46.org or (847)888-5000 x5034</p>	<p>Find Allergen and Carbohydrate information at: <a href="https://www.u-46.org/Page/9190">https://www.u-46.org/Page/9190</a></p>			
<p><b>22</b></p>	<p><b>1ST DAY OF SCHOOL 16</b></p> <p>JUMBO PRETZEL WITH CHEESE SAUCE AND CHEESE STICKS</p> <p>MILK - JUICE- FRUIT</p>	<p><b>17</b></p> <p>ITALIAN SUB SANDWICH ON FRENCH BREAD</p> <p>MILK - JUICE- FRUIT</p>	<p><b>18</b></p> <p>BBQ CHICKEN ON A SOFT ROLL</p> <p>MILK - JUICE- FRUIT</p>	<p><b>19</b></p> <p>NO SCHOOL</p> <p>MILK - JUICE- FRUIT</p>
<p>TORTILLA CHIPS WITH CHEESE SAUCE AND CHEESE STICK</p> <p>MILK - JUICE- FRUIT</p>	<p><b>23</b></p> <p>PEANUT BUTTER AND JELLY SANDWICH</p> <p>MILK - JUICE- FRUIT</p>	<p><b>24</b></p> <p>TURKEY BLT WRAP</p> <p>MILK - JUICE- FRUIT</p>	<p><b>25</b></p> <p>ORANGE CHICKEN AND RICE</p> <p>MILK - JUICE- FRUIT</p>	<p><b>26</b></p> <p>NO SCHOOL</p> <p>MILK - JUICE- FRUIT</p>
<p><b>29</b></p> <p>POPCORN CHICKEN AND RANCH WRAP</p> <p>MILK - JUICE- FRUIT</p>	<p><b>30</b></p> <p>HAM AND CHEESE ON A DIAMOND JIM ROLL</p> <p>MILK - JUICE- FRUIT</p>	<p><b>31</b></p> <p>YOGURT PARFAIT WITH CRACKERS AND A CHEESE STICK</p> <p>MILK - JUICE- FRUIT</p>	<p><b>1</b></p> <p>GYRO WRAP WITH LETTUCE TOMATO AND ONION</p> <p>MILK - JUICE- FRUIT</p>	<p><b>2</b></p> <p>NO SCHOOL</p> <p>MILK - JUICE- FRUIT</p>

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