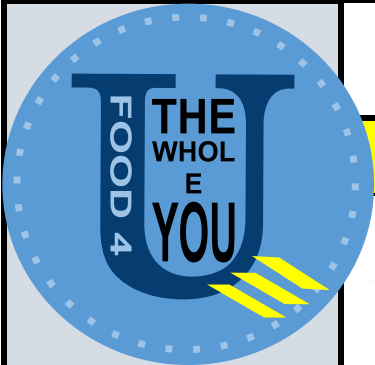


AUGUST 2023 - U-46 MIDDLE & HIGH SCHOOL MENU

LUNCH



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:

- House Made Pizza
- Corn Dog
- Protein Packs
- Bosco Sticks w/Marinara
- Jumbo Pretzel w/Cheese
- Pizza Crunchers
- Chicken Patties

Check your schools' menu board for specifics. Menus subject to change. Choice of fruit, vegetables, and milk offered with all entree options.

Fresh vegetable options from the U-46 Growing Green Garden incorporated into menus, when able.



In accordance with Federal Law and 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 Avenue, 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 at (800)877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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EAT SMART...EAT HEALTHY!

WELCOME TO SCHOOL YEAR 2023-2024

OUR MENUS HAVE BEEN TAILOR MADE FOR YOU!

LOOK FOR "BUILD YOUR OWN," "CUSTOMIZE," "MADE TO ORDER,"

"HOUSE MADE" AND "FRESH BAKED." PLUS, A WIDE VARIETY OF "GRAB 'N GO!"

CHECK YOUR SCHOOL CAFETERIA MENU BOARDS FOR DAILY UP-TO-DATE ADDITIONS TO THE MENU.



FRESH BAKED DAILY! HOME STYLE PIZZA



2 Corn contains good levels of some of the valuable B-complex group of vitamins such as thiamin, niacin, pantothenic acid, folates, riboflavin, and pyridoxine.

Corn also contains healthy amounts of some important minerals like zinc, magnesium, copper, iron, and manganese.

Some people believe that yellow corn is sweeter than white, but that's not the case. Yellow corn is, however, slightly better for your health than white corn, as the yellow coloration comes from beta carotene that our bodies convert to vitamin A

<p>14</p>	<p>15</p> <p>HAM AND CHEESE ON A DIAMOND JIM ROLL</p> <p><i>FRUIT JUICE MILK</i></p>	<p>16</p> <p>HAM AND CHEESE BURRITO WRAP</p> <p><i>FRUIT JUICE MILK</i></p>	<p>17</p> <p>TURKEY AND CHEESE ON A DIAMOND JIM ROLL</p> <p><i>FRUIT JUICE MILK</i></p>	<p>18</p> <p>NO SCHOOL</p>
<p>21</p> <p>PEANUT BUTTER JAMWICH CHEESE STICK</p> <p><i>FRUIT JUICE MILK</i></p>	<p>22</p> <p>HAM AND CHEESE ON A DIAMOND JIM ROLL</p> <p><i>FRUIT JUICE MILK</i></p>	<p>23</p> <p>ITALIAN SUB SANDWICH</p> <p><i>FRUIT JUICE MILK</i></p>	<p>24</p> <p>CEREAL AND CHEESE STICKS</p> <p><i>FRUIT JUICE MILK</i></p>	<p>25</p> <p>NO SCHOOL</p>
<p>28</p> <p>PEANUT BUTTER JAMWICH CHEESE STICK</p> <p><i>FRUIT JUICE MILK</i></p>	<p>29</p> <p>HAM AND CHEESE ON A DIAMOND JIM ROLL</p> <p><i>FRUIT JUICE MILK</i></p>	<p>30</p> <p>ITALIAN SUB SANDWICH</p> <p><i>FRUIT JUICE MILK</i></p>	<p>31</p> <p>CEREAL AND CHEESE STICKS</p> <p><i>FRUIT JUICE MILK</i></p>	<p>1</p> <p>NO SCHOOL</p>

