



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 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.

**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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# SEPTEMBER 2022 Hispanic Heritage Month U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Take 3 and it's FREE</b> Bringing your lunch from home? Add a fruit, grain &amp; milk for 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! <small>*entree only only</small></p>	<p><b>FREE MEALS FOR ALL STUDENTS</b></p>	<p>LET'S CONNECT WITH OUR HISPANIC HERITAGE &amp; COMMUNITY Conectémonos con nuestra Herencia y Comunidad Hispánica</p> <p><b>Look for Hispanic Inspired Items on the Food Line.</b></p>	<p><b>CHICK 'N DIP</b> 1 CHICKEN TENDERS WITH CHOICE OF SAUCE AND A ROLL or PIZZA CRUNCHERS or BACON BURGER or HOUSE MADE PIZZA OVEN ROAST RANCH BROCCOLI MILK - JUICE- FRUIT</p>	<p><b>WEEKLY WRAP UP</b> 2 CHOICE OF MEAT &amp; CHEESE AND FRESH TOPPINGS OR SPICY CHICKEN PATTY or HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT</p>
<p><b>LABOR DAY</b> 5</p>	<p><b>BRING ON THE HEAT</b> 6 FLAMIN' HOT SPICY CHICKEN PATTY or HOUSEMADE CHEESE QUESADILLA or BOSCO STICKS w/MARINARA OR HOUSE MADE PIZZA SEASONED WHOLE KERNEL CORN MILK - JUICE- FRUIT</p>	<p><b>AMERICAN DAY</b> 7 CHOICE OF VARIETY IN HOUSE PIZZA OR MINI CORN DOGS OR BEEFBURGER or HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT</p>	<p><b>FIESTA DAY</b> 8 BEEF TACO MEAT OR SALSA VERDE CHICKEN STREET TACOS OR CRISPY SALAD SHELL AND TOPPINGS OR HONEY BBQ RIB PATTY or HOUSE MADE PIZZA REFRIED BEANS MILK - JUICE- FRUIT</p>	<p><b>BOOM! BOOM!</b> 9 BOOM BOOM CHICKEN or BURGER ON A BUN OR HOMEMADE VEGETARIAN BLACK BEAN BURGER OR HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT</p>
<p><b>BREAKFAST FOR LUNCH</b> 12 CHICKEN PATTY WWAFFLES OR ON A BUN OR CHEESY SCRAMBLED EGGS WITH OPTIONAL TURKEY BACON AND SYRUP or HOUSE MADE PIZZA TATOR TOTS MILK - JUICE- FRUIT</p>	<p><b>M.T.O. DELI SANDWICH</b> 13 CHOICE OF MEATS &amp; CHEESE WITH TOPPINGS ON FRESH BREAD OR ROLLS or TOASTED CUBANO SANDWICH OR BEEFBURGER or HOUSE MADE PIZZA SEASONED WHOLE KERNEL CORN MILK - JUICE- FRUIT</p>	<p><b>GET RIBBED!</b> 14 HONEY BBQ RIB PATTY SANDWICH OR PIZZA CRUNCHERS OR SPICY CHICKEN PATTY or HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT</p>	<p><b>PASTA MANIA</b> 15 YOUR CHOICE MEATS AND SAUCES WITH FRESH TOPPINGS &amp; GARLIC BREAD OR TURKEY MEATBALL SUB or BACON BURGER or HOUSE MADE PIZZA STEAMED BROCCOLI MILK - JUICE- FRUIT</p>	<p><b>FROM THE GRILL</b> 16 BEEF HOT DOG or FRANCHEEZIE W/TOPPINGS OR MOZZARELLA STICKS WITH MARINARA or SPICY CHICKEN PATTY or HOUSE MADE PIZZA TATOR TOTS MILK - JUICE- FRUIT</p>
<p><b>BBQ DAY!</b> 19 BBQ CHICKEN SANDWICH OR HOUSE MADE VEGETARIAN BLACK BEAN BURGER or BEEF BURGER or HOUSE MADE PIZZA TATOR TOTS MILK - JUICE- FRUIT</p>	<p><b>ALL ABOUT THE CHEESE</b> 20 MOZZARELLA STICKS WITH MARINARA or GARLIC FRENCH BREAD PIZZA or SPICY CHICKEN PATTY OR HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT</p>	<p><b>RICE BOWL</b> 21 BURRITO BOWL WITH RICE, VEGETABLES, MEAT, CHEESE &amp; TOPPINGS OR CHEESEBURGER or HOUSE MADE PIZZA MEXICAN STREET CORN MILK - JUICE- FRUIT</p>	<p><b>MANGIA!MANGIA!</b> 22 CHICKEN PARM SANDWICH OR LASAGNA ROLL UP W/ROLL OR SPICY CHICKEN PATTY or HOUSE MADE PIZZA STEAMED BROCCOLI MILK - JUICE- FRUIT</p>	<p><b>CHICKEN TOSS</b> 23 POPCORN CHICKEN TOPPED WITH CHOICE OF SAUCES or ITALIAN CHEESY PULLAPARTS OR BEEF BURGER ON A BUN or HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT</p>
<p><b>FROM THE GRILL</b> 26 CHEESEBURGER OR PIZZA BITES OR BEEF HOT DOG HOUSE MADE PIZZA TATOR TOTS MILK - JUICE- FRUIT</p>	<p><b>BRING ON THE HEAT</b> 27 FLAMIN' HOT SPICY CHICKEN PATTY or HOUSE MADE CHEESE QUESADILLA or BOSCO STICKS w/MARINARA OR HOUSE MADE PIZZA WHOLE KERNEL CORN MILK - JUICE- FRUIT</p>	<p><b>PIZZA! PIZZA!</b> 28 CHOICE OF VARIETY IN HOUSE PIZZA OR MINI CORN DOGS or BEEF BURGER ON A BUN HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT</p>	<p><b>FIESTA DAY</b> 29 BEEF TACO MEAT OR SALSA VERDE CHICKEN STREET TACOS OR CRISPY SALAD SHELL AND TOPPINGS or BBQ RIB PATTY or HOUSE MADE PIZZA REFRIED BEANS MILK - JUICE- FRUIT</p>	<p><b>BONELESS TOSS</b> 30 BOOM BOOM CHICKEN or BURGER ON A BUN OR HOMEMADE VEGETARIAN BLACK BEAN BURGER HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT</p>