



Food & Nutrition Services

# SEPTEMBER 2022

## U-46 MIDDLE & HIGH SCHOOL SUPPER MENU

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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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!  <small>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! *entree vary daily</small></p>	<p><b>FREE MEALS</b>            FOR ALL STUDENTS</p>	<p><b>HISPANIC HERITAGE MONTH</b></p>	<p>1</p> <p>GYRO WRAP WITH LETTUCE TOMATO AND ONION</p> <p>MILK - JUICE - FRUIT</p>	<p>2</p> <p>NO SCHOOL</p> <p>MILK - JUICE - FRUIT</p>
<p>5</p>	<p>6</p> <p>JUMBO PRETZEL WITH CHEESE SAUCE AND A CHEESE STICK</p> <p>MILK - JUICE - FRUIT</p>	<p>7</p> <p>ITALIAN SUB SANDWICH ON FRENCH BREAD</p> <p>MILK - JUICE - FRUIT</p>	<p>8</p> <p>BBQ CHICKEN ON A SOFT ROLL</p> <p>MILK - JUICE - FRUIT</p>	<p>9</p> <p>NO SCHOOL</p> <p>MILK - JUICE - FRUIT</p>
<p>12</p> <p>TORTILLA CHIPS WITH CHEESE SAUCE AND A CHEESE STICK</p> <p>MILK - JUICE - FRUIT</p>	<p>13</p> <p>PEANUT BUTTER AND JELLY SANDWICH WITH A CHEESE STICK</p> <p>MILK - JUICE - FRUIT</p>	<p>14</p> <p>TURKEY BACON LETTUCE &amp; TOMATO WRAP</p> <p>MILK - JUICE - FRUIT</p>	<p>15</p> <p>ORANGE CHICKEN AND RICE</p> <p>MILK - JUICE - FRUIT</p>	<p>16</p> <p>NO SCHOOL</p> <p>MILK - JUICE - FRUIT</p>
<p>19</p> <p>POPCORN CHICKEN AND RANCH WRAP</p> <p>MILK - JUICE - FRUIT</p>	<p>20</p> <p>HAM AND CHEESE ON A DIAMOND JIM ROLL</p> <p>MILK - JUICE - FRUIT</p>	<p>21</p> <p>GYRO WRAP WITH LETTUCE TOMATO AND ONION</p> <p>MILK - JUICE - FRUIT</p>	<p>22</p> <p>YOGURT PARFAIT WITH CRACKERS AND A CHEESE STICK</p> <p>MILK - JUICE - FRUIT</p>	<p>23</p> <p>NO SCHOOL</p> <p>MILK - JUICE - FRUIT</p>
<p>26</p> <p>TURKEY AND CHEESE ON A DIAMOND JIM ROLL</p> <p>MILK - JUICE - FRUIT</p>	<p>27</p> <p>JUMBO PRETZEL WITH CHEESE SAUCE AND A CHEESE STICK</p> <p>MILK - JUICE - FRUIT</p>	<p>28</p> <p>ITALIAN SUB SANDWICH ON FRENCH BREAD</p> <p>MILK - JUICE - FRUIT</p>	<p>29</p> <p>BBQ CHICKEN ON A SOFT ROLL</p> <p>MILK - JUICE - FRUIT</p>	<p>30</p> <p>NO SCHOOL</p> <p>MILK - JUICE - FRUIT</p>