



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

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.

OCTOBER 2022

U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST FOR LUNCH 3 CHICKEN PATTY ON A BUN OR WAFFLES OR CHEESY EGGS AND WAFFLES HOUSE MADE PIZZA BATTERED POTATOES MILK - JUICE- FRUIT	DELI MADE YOUR WAY 4 CHOICE OF MEAT AND CHEESE ON TORTILLA OR BREAD or BOSCO STICKS w/MARINARA or SPICY CHICKEN PATTY or HOUSE MADE PIZZA WHOLE KERNEL CORN MILK - JUICE- FRUIT	GET RIBBED 5 HONEY BBQ BEEF RIB or PIZZA CRUNCHERS or CHEESE LASAGNA or BEEF CHEESE BURGER or HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT	PASTA MANIA! 6 PASTA & GARLIC BREAD WITH CHOICE OF MEAT & SAUCE or TURKEY MEATBALL SUB or SPICY CHICKEN PATTY or HOUSE MADE PIZZA CHEESY BROCCOLI MILK - JUICE- FRUIT	FROM THE GRILL 7 BEEF HOT DOG or MOZZARELLA STICKS with MARINARA or BEEF CHEESE BURGER or HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT
NATIONAL SCHOOL LUNCH WEEK - "PEACE, LOVE AND SCHOOL LUNCH"				
 NO SCHOOL 10	ALL ABOUT THE CHEESE 11 Good Vibes MOZZARELLA STICKS with MARINARA -OR- GARLIC FRENCH BREAD PIZZA or SPICY CHICKEN PATTY or JUMBOS PRETZEL HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT	TESTING DAY 12 BUILD YOUR OWN BOWL RICE, BEANS, MEAT, CHEESE Diggin'! AND TOPPINGS It! OR BEEF CHEESE BURGER OR CHIPS & CHEESE or HOUSE MADE PIZZA WHOLE KERNEL CORN MILK - JUICE- FRUIT	MANGIA MANGIA 13 CHICKEN PARM SANDWICH or LASAGNA ROLL UP with BREADSTICK It's a heart or JUMBO PRETZEL Blast! OR SPICY CHICKEN PATTY or HOUSE MADE PIZZA STEAMED BROCCOLI MILK - JUICE- FRUIT	CHICKEN TOSS 14 POPCORN CHICKEN TOPPED CHOICE OF SAUCES Hang Loose! OR INSIDE OUT CHEESE CROISSANT SANDWICH BEEF CHEESE BURGER or HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT
THAT'S A WRAP 17 CHEESY CHICKEN TENDER OR BEAN & CHEESE BURRITO WITH SALSA or JUMBO PRETZEL W/CHEESE or BEEF CHEESE BURGER or HOUSE MADE PIZZA BATTERED POTATOES MILK - JUICE- FRUIT	PIZZA! PIZZA! 18 CHOICE OF CHEESE OR PEPPERONI OR MINI CHICKEN CORN DOGS or CHIPS W/CHEESE SAUCE or SPICY CHICKEN PATTY or HOUSE MADE PIZZA SEASONED WHOLE KERNEL CORN MILK - JUICE- FRUIT	CHICK 'N DIP 19 CHICKEN TENDERS WITH A ROLL & DIPPING SAUCE OR PIZZA CRUNCHERS OR BEEF CHEESE BURGER or HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT	TASTE OF EAST 20 TERIYAKI BBQ CHICKEN WITH BROWN RICE OR MOZZARELLA STICKS with MARINARA or SPICY CHICKEN PATTY or HOUSE MADE PIZZA STEAMED BROCCOLI MILK - JUICE- FRUIT	 NO SCHOOL 21
ALL ABOUT CHEESE 24 GARLIC PARM BOSCO'S with MARINARA OR JUMBO PRETZEL W/CHEESE or BEEF CHEESE BURGER or HOUSE MADE PIZZA BATTERED POTATOES MILK - JUICE- FRUIT	WHICH 'WICH 25 HAM & CHEESE CROISSANT OR TEXAS GRILLED CHEESE OR SPICY CHICKEN PATTY or HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT	COMFORT BOWL 26 MASHED POTATOES TOPPED WITH POPOCORN CHICKEN CORN, GRAVY & A ROLL or GARLIC FRENCH BRD PIZZA or CHEESEBURGER or HOUSE MADE PIZZA WHOLE KERNEL CORN MILK - JUICE- FRUIT	GET CHILI-AXED 27 BEEF CHILI WITH BISCUIT OR CHIPS or MOZZARELLA STICKS with MARINARA or SPICY CHICKEN PATTY or HOUSE MADE PIZZA STEAMED BROCCOLI MILK - JUICE- FRUIT	MAC MY DAY 28 MAC N CHEESE WITH CHOICE OF MEAT, BEANS AND TOPPINGS OR BEEF BURGER ON A BUN or HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT
HAPPY HALLOWEEN 31	FIESTA DAY 1	GET RIBBED 2	MANGIA!MANGIA! 3	BRING ON THE HEAT 4
HAMBURGER ON A BUN OR BLACK BEAN VEGGIE BURGER ON AN ONION ROLLS or BEEF HOT DOG or HOUSE MADE PIZZA SKINNY FRIES MILK - JUICE- FRUIT	LOADED NACHOS CHOICE OF MEAT, BEANS OR CHEESE AND TOPPINGS WITH CHIPS BOSCO STICKS w/MARINARA HOUSE MADE PIZZA CORN & REFRIED BEANS MILK - JUICE- FRUIT	HONEY BBQ BEEF RIB OR JUMBO PRETZEL W/CHEESE OR BEEF BURGER ON A BUN HOUSE MADE PIZZA POTATO WEDGES MILK - JUICE- FRUIT	JUMBO CHEESE RAVIOLI AND BREADSTICK OR ITALIAN CHEESY PULLAPART or SPICY CHICKEN PATTY or HOUSE MADE PIZZA STEAMED BROCCOLI MILK - JUICE- FRUIT	SPICY CHICKEN PATTY OR CHEESE QUESADILLA OR BEEF BURGER ON A BUN HOUSE MADE PIZZA CURLY FRIES MILK - JUICE- FRUIT

