



In addition to the hot entrees, Grab & Go deli sandwiches, PB&Js, and salads are available. Two additional specials are offered daily & MAY include
Breaded Chicken
House Made Pizza
Corn Dogs
Jumbo Pretzel w/Cheese
Hamburgers
Chicken Tenders
Bosco Sticks w/Marinara

Check your school's menu board for specifics.

Choice of fruit, vegetables, and milk offered with all entree options.


You need take a FULL serving of fruit and/or vegetables to make your meal complete

Menus subject to change.

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August 2022

U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	GET THE FACTS: TOMATOES The redder the tomato, the higher the amount of lycopene (a superhero for the body), which helps promote good heart and bone health		Find Allergen and Carbohydrate Information at: https://www.u-46.org/Page/9190	Menu Questions? Contact Christine Cliff, U-46 District Dietitian, at ChristineCliff@u-46.org or (847) 888-5000 x5034
Welcome Back!				
15	16	17	18	19
NO SCHOOL	FIRST DAY OF SCHOOL Spicy Chicken Patty Sandwich OR House Made Cheese Quesadilla	TASTE OF THE EAST Orange Chicken w/ Veggie Fried Rice or Brown Rice OR Pizza Bites w/ Marinara	FIESTA DAY Street Tacos OR Loaded Nacho Fries w/ Roll Choice of beef or turkey, cheese and fresh toppings	BONELESS WING TOSS Popcorn Chicken topped with choice of sauces OR Jumbo Pretzel w/ Cheese Sauce
22	23	24	25	26
BREAKFAST FOR LUNCH Chicken & Waffles OR Cheesy Omelet w/ Waffles	National Cuban Sandwich Day DELI MADE YOUR WAY Choice of Meat, Cheese & Fresh Toppings on Roll or Bread OR Toasted Cubano Sandwich	HOUSEMADE PIZZA Choice of Cheese or Pepperoni OR Mini Corndogs	PASTA MANIA Pasta topped with choice of meat, fresh toppings & 3 sauces w/ Garlic Bread OR Italian Meatball Sub	BOOM BOOM DAY Boom Boom Chicken OR Burger on a Bun OR Grilled Cheese Sandwich
29	30	31	1	2
BURRITO BOWL Choice of Rice, Meat and Fresh Toppings OR Bosco Sticks w/ Marinara	ALL ABOUT THE CHEESE Mozzarella Sticks w/ Marinara OR Garlic French Bread Pizza	BBQ DAY BBQ Pulled Pork OR BBQ Chicken on a Bun OR Veggie Burger	September RICE BOWL Choice of Chicken or Beef w/ Rice, Vegetables, Sauces, OR Teriyaki Chicken Wrap	WEEKLY WRAP UP <i>Wraps Made to Order</i> Choice of Meats, Cheeses and Fresh Toppings OR Chicken Tenders w/ Choice of Dipping Sauces