

February 2023

Lunch Menu



U-46 Food & Nutrition Services

Updated 12.21.2022

| MON | TUE | WED | THU | FRI | Menu Subject to Change |
|--|---|--|--|---|--|
| January 30 | 31 | 1 | 2 | 3 | |
| ALL ABOUT CHEESE Garlic Parmesan Bosco Sticks w/ Marinara OR Jumbo Pretzel w/ Cheese | CHIK'N DIP Chicken Tenders w/ Roll & Choice of Dipping Sauce OR Pizza Crunchers | COMFORT BOWL Mashed Potatoes topped w/ Popcorn Chicken, Corn & Gravy w/ Roll OR Garlic French Bread Pizza | PIZZ-ESTA Fiestada Beef Pizza OR Mozzarella Sticks w/ Marinara | MAC MY DAY Mac n Cheese w/ Choice of meat, beans and fresh toppings | CHOICE OF FRUIT, VEGETABLES & MILK OFFERED WITH ALL ENTREES |
| 6 | 7 | 8 | 9 | 10 | |
| FROM THE GRILL Hamburger on a Bun OR Black Bean Veggie Burger Choice of toppings | FIESTA DAY Loaded Nachos Choice of meat, beans or cheese & fresh toppings w/ corn chips | 'CUED UP BBQ Chicken Sandwich OR Jumbo Pretzel w/ Cheese | MANGIA! MANGIA! Jumbo Cheese Ravioli w/ Marinara & Garlic Breadstick OR Italian Cheesy Pull-Apart Bread | BRING ON THE HEAT Spicy Chicken Patty Sandwich OR Cheese Quesadilla w/ Salsa | <p>In addition to hot entrees, Grab & Go, PB&J's and salads are available. Additional specials MAY be offered daily and include:</p> <ul style="list-style-type: none"> • Chicken Tenders or Chicken Patty • Pizza • Mini-Corndogs • Jumbo Pretzel w/ Cheese • Bosco Sticks w/ Marinara |
| 13 | Valentine's Day 14 | 15 | 16 | 17 | |
| ZONED OUT Meat Lovers Calzone OR Mini-Cheese Calzones w/ Marinara | TASTE OF THE EAST Orange Chicken w/ Brown Rice OR Pizza Crunchers | BONELESS WING TOSS Popcorn Chicken topped w/ Choice of sauce & Roll OR Parmesan Bosco Sticks w/ Marinara | WHICH 'WICH Hot Ham & Cheese Croissant OR Veggie Pinwheel | ALL ABOUT CHEESE Mozzarella Sticks w/ Marinara OR Grilled Cheese Sandwich | |
| 20 | National Pancake Day 21 | 22 | 24 | 25 | |
| NO SCHOOL PRESIDENT'S DAY | BRUNCH IT ON Chicken Nuggets w/ Pancakes OR Garlic French Bread Pizza | PIZZA! PIZZA! Choice of Cheese or Pepperoni OR Mini-Corndogs | BRING ON THE HEAT Spicy Chicken Patty Sandwich OR Cheese Quesadilla w/ Salsa | FIESTA DAY Loaded Nachos Choice of meat, beans or cheese & fresh toppings w/ corn chips | Check your school's menu board for current daily options |
| 27 | 28 | March 1 | 2 | 3 | |
| MANGIA! MANGIA! Lasagna Roll-Up w/ Marinara & Garlic Breadstick OR Italian Meatball Sub | THAT'S A WRAP Choice of Chicken Tenders OR Buffalo Chik'N Nuggets Topped w/ Cheese on a Tortilla | MAC MY DAY Mac n Cheese w/ Choice of meat, beans and fresh toppings | FROM THE GRILL Beef Hot Dog on a Bun OR Pizza Crunchers Choice of toppings | SOUTH OF THE BORDER Chicken Fajitas w/ Roasted Peppers & Onions on a Tortilla OR Parmesan Bosco Sticks w/ Marinara | Menu Questions? Contact Christine Cliff, U-46 District Dietitian, at ChristineCliff@u-46.org or (847) 888-5000 x5034 |

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