



# September 2022

## U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

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.

In accordance with Federal Law & 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 Ave. 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 (800) 877-8339 or (800) 845-6136 (Spanish) USDA is an equal opportunity provider & employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b>	<div style="border: 1px solid black; padding: 5px; background-color: #e1f5fe;">           Find Allergen and Carbohydrate Information at:  <a href="https://www.u-46.org/Page/9190">https://www.u-46.org/Page/9190</a> </div>	<div style="border: 1px solid black; padding: 5px; background-color: #e1f5fe;"> <b>Menu Questions?</b>            Contact Christine Cliff,            U-46 District Dietitian, at  <a href="mailto:ChristineCliff@u-46.org">ChristineCliff@u-46.org</a> or            (847) 888-5000 x5034         </div>	<b>1</b>	<b>2</b>
			<b>CHICK 'N DIP</b> Chicken Tenders w/ Roll w/ Choice of Dipping Sauces <b>OR</b> Pizza Crunchers	<b>WEEKLY WRAP UP</b> <i>Wraps Made to Order</i> Choice of Meats, Cheeses and Fresh Toppings
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>LABOR DAY NO SCHOOL</b>	<b>BRING ON THE HEAT</b> Spicy Chicken Patty Sandwich <b>OR</b> Cheese Quesadilla w/ Salsa	<b>PIZZA PIZZA!</b> Choice of Cheese or Pepperoni <b>OR</b> Mini Corndogs	<b>FIESTA DAY</b> Loaded Nacho Fries w/ Roll Choice of beef or turkey, cheese and fresh toppings	<b>BOOM BOOM DAY</b> Boom Boom Chicken OR Burger on a Bun <b>OR</b> Grilled Cheese Sandwich
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>BREAKFAST FOR LUNCH</b> Chicken & Waffles <b>OR</b> Cheesy Omelet w/ Waffles	<b>DELI MADE YOUR WAY</b> Choice of Meat, Cheese & Fresh Toppings on Roll or Bread <b>OR</b> Bosco Sticks w/ Marinara	<b>GET RIBBED</b> Honey BBQ Rib Patty Sandwich <b>OR</b> Pizza Crunchers	<b>PASTA MANIA</b> Pasta topped with choice of meat, fresh toppings & 3 sauces w/ Garlic Bread <b>OR</b> Italian Meatball Sub	<b>FROM THE GRILL</b> Beef Hot Dog w/ toppings <b>OR</b> Mozzarella Sticks w/ Marinara
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>BBQ DAY</b> BBQ Pulled Pork <b>OR</b> BBQ Chicken on a Bun <b>OR</b> Veggie Burger	<b>ALL ABOUT THE CHEESE</b> Mozzarella Sticks w/ Marinara <b>OR</b> Garlic French Bread Pizza	<b>RICE BOWL</b> <i>Build Your Own Bowl</i> Choice of Rice, Beans, Meat, Cheese & Fresh Toppings	<b>MANGIA! MANGIA!</b> Chicken Parmesan Sandwich <b>OR</b> Lasagna Roll-Up w/ Marinara and Roll or Breadstick	<b>BONELESS WING TOSS</b> Popcorn Chicken topped with choice of sauces <b>OR</b> Italian Cheesy Pull-Apart Bread
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>FROM THE GRILL</b> Cheeseburger <b>OR</b> Pizza Bites w/ Marinara	<b>BRING ON THE HEAT</b> Spicy Chicken Patty Sandwich <b>OR</b> Cheese Quesadilla w/ Salsa	<b>PIZZA PIZZA!</b> Choice of Cheese or Pepperoni <b>OR</b> Mini Corndogs	<b>FIESTA DAY</b> Loaded Nacho Fries w/ Roll Choice of beef or turkey, cheese and fresh toppings	<b>BOOM BOOM DAY</b> Boom Boom Chicken OR Burger on a Bun <b>OR</b> Grilled Cheese Sandwich