

LUNCH MENU: 06/02/25 - 07/02/25

Red Font= change from originally planned menu

Updated: 06/28/25

Questions? Please contact U-46 Food & Nutrition Services
Registered Dietitian, Judy Naughton at
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847-888-5000 ext. 5034

Menus are subject to change

Date Menued	Menued Entree Items	Breakdown of Menued Item(s)	Portion Size	Crediting	Common Allergens and Other Ingredients of Concern	Carbohydrates (g)	Sodium (mg)	Calories	Saturated fat (%)
06/02/25, 06/16/25, 06/30/25	Bosco Sticks	Bosco Sticks	122g	2 M/MA, 2 G/B	Wheat, Gluten, Milk	34	440	300	26
		Marinara Sauce	2.5 Oz		Soybean Oil	7	200	40	0
06/03/25, 06/17/25, 07/01/25	Grilled Cheese	Grilled Cheese	4.19 oz	2 M/MA, 2 G/B	Wheat, Milk, Soy, Gluten	34	551	320	30
06/04/25, 06/18/25	Beef Hamburger	Beef Patty	3 oz	2.75 M/MA	None Noted	0	290	230	26
		Hamburger Bun	2 oz	2 G/B	Wheat, Gluten	28	260	150	0
06/05/25	Chicken Patty	Chicken Patty	3 oz	2 M/MA, 1 G/B	Wheat, Gluten, Soy	16	440	240	18
		Hamburger Bun	2 oz	2 G/B	Wheat, Gluten	28	260	150	0
06/06/25, 06/13/25, 06/20/25, 06/27/25, 07/02/25,	Cheese Pizza	Cheese Pizza	126g	2 M/MA, 2 G/B	Milk, Wheat, Gluten, Soy	28	410	280	28
06/09/25, 06/23/25	Pizza Crunchers	Pizza Crunchers	161g	2 M/MA, 2.5 G/B	Milk, Wheat, Gluten, Soy	42	780	430	40
06/10/25, 06/24/25	Beef Hot Dog	Beef Hot Dog	2 oz	2 M/MA	None Noted	1	460	170	30
		Hot Dog Bun	2 oz	2 G/B	Wheat, Gluten	28	270	150	0
06/11/25, 06/25/25	Beef Burger Sliders	Beef Burger Sliders	4.35 oz	2 M/MA, 2 G/B	Wheat, Gluten, Milk, Soy	28	534	316	15
06/12/25, 06/26/25	Cheese Quesadilla	Cheese Quesadilla	136 g	2 M/MA, 2 G/B	Milk, Wheat, Gluten, Soy	34	660	300	18