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Questions?

Contact Judy Naughton, U-46 District Dietitian, at judithnaughton@u-46.org or call (847)-888-5000 ext. 5034

February

Elementary Breakfast & Lunch Menu





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: French Toast Sticks Apple Slices	Breakfast: Glazed Pullapart Orange or Grapes Lunch:
	Choice of up to two fruits, two vegetables, and one milk choice, either 1% plain or flavored or unflavored fat-free milk with all entrees.		Lunch: Beef BBQ Rib Patty OR	Turkey Pepperoni French Bread Pizza OR
			Bagel & Banza Butter Orange or Grapes Broccoli	Yogurt, Granola, String Cheese Applesauce Green Beans
5 Breakfast: Big Bowl Cereal: Cocoa Puffs Applesauce	6 Breakfast: Banana Bread Juice	7 Breakfast: Mini Pancakes Banana	Breakfast: Cinnamon Waffles Apple Slices Lunch:	9 Breakfast: Chocolate Donuts Orange or Grapes
Lunch: Mini Cheese Quesadillas OR Turkey Ham Cheese Sliders Juice Edamame	Lunch: Chicken Mini Corn Dogs OR Sunjammer + String Cheese Banana Tater Tots	Lunch: Chicken Patty OR Cheese Croissant Apple Slices Broccoli	Beef Walking Tacos w/ Doritos OR Nachos (chips, cheese cup, and bean dip) Orange or Grapes	Lunch: Cheese Pizza OR Fajita Chicken Wrap Applesauce Cucumbers
12 Breakfast: Lucky Charms Cereal Bar Applesauce Lunch:	13 Breakfast: Powder Donuts Juice	14 Breakfast: Chocolate Chip French Toast Banana	Carrots Breakfast: Maple Waffle Apple Slices Lunch:	Breakfast: Yogurt & Grahams Orange or Grapes
Popcorn Chicken + Goldfish Graham OR Yogurt, String Cheese,	Lunch: Pretzel w/ Cheese OR Turkey Sub	Lunch: Beef Hamburger OR Cheese Pizza Lunchable	Orange Chicken & Fried Rice OR Veggie Lunchable (veggie crackers, hummus,	Lunch: Pizza Bagels OR Sunjammer +
Graham Juice Hashbrown Rounds	Banana Broccoli	Fruit Slushies Fiesta Beans	cheese cubes) Orange or Grapes Carrots	Sunflower Seeds Applesauce Green Beans
NO SCHOOL PRESIDENTS' DAY	20 Breakfast: Zucchini Bread Applesauce Lunch:	21 Breakfast: Chicken Sausage Breakfast Sandwich Juice	22 Breakfast: French Toast Sticks Banana	23 Breakfast: Glazed Pullapart Apple Slices Lunch:
	Lunch: Max Breadstick + Marinara OR Turkey Ham and Cheese Sliders + Sunflower seeds Juice Carrots	Lunch: Grilled Cheese	Lunch: Beef BBQ Rib Patty OR Bagel & Banza Butter Apple Slices Lima Beans	Beef Taco Pizza Bites OR Yogurt, Granola, String Cheese Applesauce Green Beans
26 Breakfast: Big Bowl Trix Cereal Applesauce Lunch: Chicken Drummies	27 Breakfast: Apple Cinnamon Muffin Juice Lunch:	Chocolate Waffle Banana Lunch:	29 Breakfast: Yogurt & Grahams Apple Slices	3/1 Breakfast: Powdered Donut Orange or Grapes Lunch:
OR Nachos (chips, cheese cup, and bean dip)	Turkey Sausage Links + Pancake Bites OR Yogurt, String Cheese, Graham Banana	Bean & Cheese Burrito OR Turkey Ham & Cheese Sandwich Apple Slices	Lunch: Meatball Sub OR Cheese Croissant	Cheese Pizza OR Sunjammer + Sunflower Seeds Trail Mix
Juice	Hashbrowns	Broccoli	Orange or Grapes Carrots	Cucumber