## Questions?

Contact Judy Naughton, U46 District Dietitian, at judithnaughton@u-46.org or call (847)-888-5000 ext. 5034

\begin{tabular}{|c|c|c|c|c|}
\hline \& Choice of up to two fru one milk choice, either \& ts, two vegetables, and \(1 \%\) plain or flavored or with all entrees. \& \begin{tabular}{||c|}
\hline 1 \\
Freakfast: \\
Freh Toast Sticks \\
Apple Slices \\
\\
Lunch: \\
Beef BBQ Rib Patty \\
OR \\
Bagel \& Banza Butter \\
Orange or Grapes \\
Broccoli
\end{tabular} \& \begin{tabular}{l}
2 Breakfast: \\
Glazed Pullapart \\
Orange or Grapes Lunch: \\
Turkey Pepperoni French \\
Bread Pizza \\
OR \\
Yogurt, Granola, String Cheese \\
Applesauce Green Beans
\end{tabular} \\
\hline \begin{tabular}{|l|}
\hline 5 \\
\hline Big Bowl Cereal: Cocoa Puffs \\
Applesauce \\
\\
Lunch: \\
Mini Cheese Quesadillas \\
OR \\
Turkey Ham Cheese Sliders \\
Juice \\
Edamame
\end{tabular} \& \begin{tabular}{|cc} 
Breakfast: \\
Banana Bread \\
Juice \\
Lunch: \\
\& Chicken Mini Corn Dogs \\
OR \\
Sunjammer + String \\
Cheese \\
Banana \\
Tater Tots
\end{tabular} \& \begin{tabular}{||c||}
\hline 7 \\
\\
\\
\\
Mini Pancakes \\
Banana \\
\\
\\
Lunch: \\
Chicken Patty \\
OR \\
Cheese Croissant \\
Apple Slices \\
Broccoli
\end{tabular} \& \begin{tabular}{||c|}
\hline 8 \\
Breakfast: \\
Cinnamon Waffles \\
Apple Slices \\
Lunch: \\
Beef Walking Tacos w/ Doritos \\
OR \\
Nachos \\
(chips, cheese cup, and bean \\
dip) \\
Orange or Grapes \\
Carrots
\end{tabular} \& Breakfast:
Chocolate Donuts
Orange or Grapes

Lunch:
Cheese Pizza
OR
Fajita Chicken Wrap
Applesauce
Cucumbers <br>

\hline | 12 |
| :--- |
| Breakfast: |
| Lucky Charms Cereal Bar Applesauce Lunch: |
| Popcorn Chicken + Goldfish Graham OR |
| Yogurt, String Cheese, Graham Juice |
| Hashbrown Rounds | \& | 13 |
| :--- |
| Breakfast: |
| Powder Donuts Juice |
| Lunch: |
| Pretzel w/ Cheese |
| OR |
| Turkey Sub |
| Banana |
| Broccoli | \& | Breakfast: |
| :--- |
| Chocolate Chip French Toast |
| Banana |
| Lunch: |
| Beef Hamburger OR |
| Cheese Pizza Lunchable Fruit Slushies Fiesta Beans | \& Breakfast:

Maple Waffle
Apple Slices
Lunch:
Orange Chicken \& Fried Rice
OR
Veggie Lunchable
(veggie crackers, hummus,
cheese cubes)
Orange or Grapes

Carrots \& | 16 | Breakfast: |
| :---: | :---: |
| Yogurt \& Grahams |  |
| Orange or Grapes |  | <br>

\hline | 19 |
| :--- |
| NO SCHOOL PRESIDENTS' DAY | \&  \& | 21 |
| :--- |
| Breakfast: |
| Chicken Sausage Breakfast |
| Sandwich Juice |
| Lunch: |
| Grilled Cheese OR |
| Cobb Salad with Corn Bread Banana Corn | \& | Breakfast: |
| :--- |
| French Toast Sticks Banana |
| Lunch: |
| Beef BBQ Rib Patty OR |
| Bagel \& Banza Butter Apple Slices Lima Beans | \& | 23 |
| :--- |
| Breakfast: |
| Glazed Pullapart Apple Slices Lunch: |
| Beef Taco Pizza Bites OR |
| Yogurt, Granola, String Cheese Applesauce Green Beans | <br>


\hline | 26 Breakfast: |
| :---: |
| Big Bowl Trix Cereal |
| Applesauce |
| Lunch: |
| Chicken Drummies |
| OR |
| Nachos |
| (chips, cheese cup, and bean |
| dip) |
| Juice |
| Pizza Fava Beans | \& | 27 |
| :--- |
| Breakfast: |
| Apple Cinnamon Muffin Juice Lunch: |
| Turkey Sausage Links + Pancake Bites OR |
| Yogurt, String Cheese, Graham Banana Hashbrowns | \& | 28 | $\begin{array}{c}\text { Breakfast: } \\ \text { Chocolate Waffle } \\ \text { Banana }\end{array}$ |
| :---: | :---: |
|  | Lunch: |
| Bean \& Cheese Burrito |  |
| OR |  |
| Turkey Ham \& Cheese |  |
| Sandwich |  |
| Apple Slices |  |
| Broccoli |  | \& | 29 | Breakfast: |
| :---: | :---: |
|  | Yogurt \& Grahams |
| Apple Slices |  | \& | 3/1 | Breakfast: |
| :---: | :---: |
|  | Powdered Donut |
|  | Orange or Grapes |
|  | Lunch: |
|  | Cheese Pizza |
|  | OR |
| Sunjammer + Sunflower |  |
|  | Seeds |
|  | Trail Mix |
|  | Cucumber |
|  |  | <br>

\hline
\end{tabular}

