




FEBRUARY 2017

*CONTAINS PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 BBQ CHICKEN-21G WW BUN-26G FRIES-19G PEACHES-12G 2 KETCHUP-4G MILK</p> <p>CALORIES-670/640</p>	<p>31 FIESTADA-39G TACO BEANS-20G FRUIT PUNCH-14G MILK</p> <p>CALORIES-655/625</p>	<p>FEB 1 CHEESE FRENCH BREAD-33G ROMAINE SALAD-3G RANCH CUP-5G TROPICAL FRUIT-15G CHOCOLATE CHIP COOKIE-14G MILK</p> <p>CALORIES-635/605</p>	<p>FEB 2 CHICKEN TACOS-34.5G (CHICKEN, CHEESE, LETTUCE, TORTILLA) SALSA-2G GRAPE JUICE-18G MILK</p> <p>CALORIES-638/608</p>	<p>FEB 3 MACARONI AND CHEESE-32G GREEN BEANS-6G DICED PEARS-20G CHOCOLATE CHIP COOKIE-14G MILK</p> <p>CALORIES-600/570</p>
<p>6 CHICKEN TENDERS-22G GREEN BEANS-6G DICED PEARS-20G BBQ SAUCE-7G PRETZELS-12G MILK</p> <p>CALORIES-657/627</p>	<p>7 HAMBURGER-2G WW BUNS-26G FRIES-19G TROPICAL FRUIT-15G 1 MUSTARD-0G 4 KETCHUP-8G MILK</p> <p>CALORIES-680/650</p>	<p>8 BOSCO STICKS-34G MARINARA CUP-8G ROMAINE SALAD-3G RANCH CUP-5G GRAPE JUICE-18G MILK</p> <p>CALORIES-615/585</p>	<p>9 5 HR DAY/GLUTEN FREE LUCKY CHARMS CEREAL-23G CARROT STICKS-8G YOGURT-20G CHEDDAR CHEESE-0G RANCH CUP-5G ORANGE JUICE-12G MILK</p> <p>CALORIES-560/530</p>	<p>10</p> <p style="text-align: center;">NO SCHOOL PARENT/TEACHER CONFERENCES</p> 
<p>13 GARLIC FRENCH BREAD-30G MARINARA CUP-8G GREEN BEANS-6G DICED PEARS-20G RICE KRISPIE-9G MILK</p> <p>CALORIES-640/610</p>	<p>14 VALENTINE'S DAY/ BIRTHDAY CHICKEN NUGGETS-16G CORN-21G APPLESAUCE-22G BBQ SAUCE-7G CHERRY VANILLA ICE CREAM-12G MILK</p> <p>CALORIES-630/600</p>	<p>15 GLUTEN FREE NACHOS-30G (TACO MEAT, CHEESE, CHIPS) SALSA-2G GRAPE JUICE-18G CARROT STICKS-8G RANCH CUPS-5G MILK</p> <p>CALORIES-640/610</p>	<p>16 PERSONAL PEPPERONI PIZZA-39G BROCCOLI-4G FRUIT PUNCH-14G FRUIT SNACKS-22G MILK</p> <p>CALORIES-620/590</p>	<p>17 CHEESE QUESADILLA-40G TACO BEANS-20G APPLE SLICES-7G SALSA-2G STRING CHEESE-1G MILK</p> <p>CALORIES-660/630</p>
<p>20</p> <p style="text-align: center;">NO SCHOOL PRESIDENT'S DAY</p> 	<p>21 CHILI CHEESE WRAP-35G CORN-21G TROPICAL FRUIT-15G SALSA-2G CHOCOLATE CHIP COOKIE-14G MILK</p> <p>CALORIES-620/6580</p>	<p>22 WAFFLES-38G SAUSAGE LINKS-6G CARROT STICKS-8G RANCH CUP-5G DICED PEARS-20G MILK</p> <p>CALORIES-620/590</p>	<p>23 BOSCO STICKS-34G MARINARA CUP-8G ROMAINE SALAD-3G RANCH CUP-5G GRAPE JUICE-18G MILK</p> <p>CALORIES-615/585</p>	<p>24</p> <p style="text-align: center;">TEACHER'S INSTITUTE NO SCHOOL</p> 
<p>27 CHICKEN BURGER-25G WW BUN-26G FRIES-19G TROPICAL FRUIT-15G 2 KETCHUP-4G MILK</p> <p>CALORIES-630/600</p>	<p>28 CORN DOG-30G BAKED BEANS*-29G APPLE SLICES-7G STRING CHEESE-1G 2 KETCHUP-4G 1 MUSTARD-0G MILK</p> <p>CALORIES-630/600</p>	<p>MARCH 1 GRILLED CHEESE-31G CARROT STICKS-8G DICED PEARS-20G RANCH CUP-5G PRETZELS-12G MILK</p> <p>CALORIES-630/600</p>	<p>MARCH 2 CALZONE-32G ROMAINE SALAD-3G RANCH CUP-5G GRAPE JUICE-18G RICE KRISPIE-9G MILK</p> <p>CALORIES-625/595</p>	<p>MARCH 3 4 FISH STICKS-18G CAULIFLOWER-4G MIXED FRUIT-20G STRING CHEESE-1G VANILLA GOLDFISH-19G 2 KETCHUP-4G MILK</p> <p>CALORIES-645/615</p>

Lunch Fees are collected on the first morning of the school week. The 2016-2017 lunch fee is \$2.55 per day (includes milk). Skim white and chocolate milk can be purchased separately for \$.30 and Lactose free milk .60. Reminder: At the beginning of the school year, all students are provided a lunch card. Should it be damaged or lost, it must be replaced in the office for a fee of \$5.00. Please note that our menus can be subject to change. Menu planning does not provide for a child with a medical condition or food allergy. CARBOHYDRATES ARE LISTED ON THE MENU BUT ARE SUBJECT TO CHANGE AS WELL. CALORIES ARE LISTED WITH THE FIRST NUMBER INCLUDING CHOCOLATE MILK AND THE SECOND FOR THE REGULAR MILK. CARBOHYDRATES FOR CHOCOLATE MILK ARE 20G AND FOR WHITE MILK THEY ARE 11G. For the district calendar and lunch menu see our website at www.min201.org. The Minooka School District #201 complies with the Federal Guidelines for food nutrition in schools. USDA is an equal opportunity provider and employer.