

*CONTAINS PORK

MAY 2017-MJHS ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHEESE BURGER-19G WW BUN-26G FRIES-19G DICED PEACHES-12G 1 MUSTARD-0G 4 KETCHUP-8G MILK CALORIES-735/705	2 CORN DOG-30G BAKED BEANS*-29G DICED PEARS-20G RICE KRISPIE-9G 1 MUSTARD-0G 2 KETCHUP-4G MILK CALORIES-700/670	3 CALZONE-33G GREEN BEANS-6G GRAPE JUICE-18G VANILLA GOLDFISH-20G MILK CALORIES-620/590	4 GLUTEN FREE CHICKEN TACO SALAD(CHICKEN, CHEESE, LETTUCE, TORTILLA CHIPS)-28G SALSA-2G FRESH CARROTS-8G RANCH-5G APPLE SLICES-7G MILK CALORIES-688/658	5 STUFFED CRUST PIZZA- 35G BROCCOLI-4G MIXED FRUIT-20G SLUSHY-20G MILK CALORIES-650/620
8 CHICKEN NUGGETS-16G CORN-21G PRETZELS-12G DICED PEARS-20G 2 KETCHUP-4G MILK CALORIES-630/600	9 FIESTADA-39G TACO BEANS-20G SALSA CUP-0G STRING CHEESE-1G DICED PEARS-20G MILK CALORIES-730/700	10 WW PANCAKES-22G SAUSAGE*-0G FRESH CARROTS-8G RANCH CUP-5G STRING CHEESE-1G SYRUP-4G ORANGE JUICE-12G MILK CALORIES-635/605	11 CHICKEN PATTY-1G WW BUN-26G BROCCOLI-4G GRAPE JUICE-18G RICE KRISPIE-9G MILK CALORIES-660/630	12 MACARONI/CHEESE-32G GREEN BEANS-6G DICED PEACHES-12G VANILLA GOLDFISH-19G MILK CALOREIS-630/600
15 BBQ CHICKEN-21G WW BUN-26G FRIES-19G APPLE JUICE-14G 4 KETCHUP-8G MILK CALORIES-730/700	16 HOT POCKET-32G BROCCOLI-4G TROPICAL FRUIT-15G STRING CHEESE-1G RICE KRISPIE-9G MILK CALORIES-640/610	17 MINI CORN DOG-30G BAKED BEANS*-29G PINEAPPLE-18G FRUIT SNACKS-20G MILK CALORIES-700/670	18 BREADED PORK FRITTER*- 5G MASHED POTATOES-21G GRAVY-7G APPLESAUCE-22G CHOCOLATE CHIP COOKIES-14G MILK CALORIES-655/625	19 GRILLED HAM/CHEESE-32G FRESH CARROTS-8G GRAPE JUICE-18G YOGURT-20G MILK CALORIES-650/620
22 RIBLET-4G WW BUN-26G CORN-21G APPLESAUCE-22G FRUIT SNACKS-20G MILK CALORIES-710/680	23 CHEESE QUESADILLA-40G TACO BEANS-20G SALSA CUP-0G STRING CHEESE-1G DICED PEARS-20G MILK CALORIES-720/690	24 BIRTHDAY LUNCH CHICKEN TENDERS-22G BROCCOLI-4G BBQ SAUCE-7G DICED PEACHES-12G BIRTHDAY SLUSHY-20G MILK CALORIES-667/637	25 HOT DOG-1G WW BUN-26G FRESH CARROTS-8G APPLE SLICES-7G FRUIT SNACKS-20G 1 KETCHUP-2G 1 MUSTARD-0G MILK CALORIES-610/580	26 GLUTEN FREE LUCKY CHARMS-23G FRESH CARROTS-8G STRING CHEESE-1G YOGURT-20G RANCH CUP-5G ORANGE JUICE-12G MILK CALORIES-560/530
29 MEMORIAL DAY	30 TEACHER'S INSTITUTE	31 HAVE A WONDERFUL AND SAFE SUMMER VACATION!!		

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.

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1 CHEESE BURGER-19G WW BUN-26G FRIES-19G DICED PEACHES-12G 1 MUSTARD-0G 4 KETCHUP-8G MILK CALORIES-735/705	2 CORN DOG-30G BAKED BEANS*-29G DICED PEARS-20G RICE KRISPIE-9G 1 MUSTARD-0G 2 KETCHUP-4G MILK CALORIES-700/670	3 CALZONE-33G GREEN BEANS-6G GRAPE JUICE-18G VANILLA GOLDFISH-20G MILK CALORIES-620/590	4 GLUTEN FREE CHICKEN TACO SALAD(CHICKEN, CHEESE, LETTUCE, TORTILLA CHIPS)-28G SALSA-2G FRESH CARROTS-8G RANCH-5G APPLE SLICES-7G MILK CALORIES-688/658	5 STUFFED CRUST PIZZA- 35G BROCCOLI-4G MIXED FRUIT-20G SLUSHY-20G MILK CALORIES-650/620
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15 BBQ CHICKEN-21G WW BUN-26G FRIES-19G APPLE JUICE-14G 4 KETCHUP-8G MILK CALORIES-730/700	16 HOT POCKET-32G BROCCOLI-4G TROPICAL FRUIT-15G STRING CHEESE-1G RICE KRISPIE-9G MILK CALORIES-640/610	17 MINI CORN DOG-30G BAKED BEANS*-29G PINEAPPLE-18G FRUIT SNACKS-20G MILK CALORIES-700/670	18 PERSONAL CHEESE PIZZA- 40G ROMAINE SALAD-3G RANCH CUP-5G APPLE SLICES-7G RICE KRISPIE-9G MILK CALORIES-5625/595	19 GRILLED HAM/CHEESE-32G FRESH CARROTS-8G GRAPE JUICE-18G YOGURT-20G MILK CALORIES-650/620
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