


\*CONTAINS PORK

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 HAMBURGER-2G WW BUNS-26G FRIES-19G TROPICAL FRUIT-15G 1 MUSTARD-0G 4 KETCHUP-8G MILK</p> <p>CALORIES-680/650</p>	<p>2 CHEESE QUESADILLA-40G TACO BEANS-20G SALSA CUP-0G STRING CHEESE-1G DICED PEARS-20G MILK</p> <p>CALORIES-720/690</p>	<p>3 CHICKEN TENDERS-22G CAULIFLOWER-4G BBQ SAUCE-7G FRESH APPLE-7G SLUSHY-20G MILK</p> <p>CALORIES-637/600</p>	<p>4 CHOCOLATE CHIP FRENCH TOAST-35G YOGURT-20G STRING CHEESE-1G FRESH CARROTS-8G RANCH CUP-5G ORANGE JUICE-12G MILK</p> <p>CALORIES-560/530</p>	<p>5 MACARONI/CHEESE-32G BROCCOLI-4G GRAPE JUICE-18G LEMON BLUEBERRY CRISPS-21G MILK</p> <p>CALORIES-630/600</p>
<p>8 <b>NO SCHOOL</b></p>  <p>CALORIES-646/616</p>	<p>9 FRENCH BREAD PIZZA-33G GREEN BEANS-6G CRAISINS-28G TEDDY GRAHAMS-16G MILK</p> <p>CALORIES-646/616</p>	<p>10 CHICKEN PATTY-15G WW BUN-26G CARROT COINS-7G TROPICAL FRUIT-15G FRUIT ROLL UP-11G 1 MAYO-2G MILK</p> <p>CALORIES-695/665</p>	<p>11 BOSCO STICKS-34G MARINARA CUP-8G ROMAINE SALAD-3G RANCH CUP-5G GRAPE JUICE-18G MILK</p> <p>CALORIES-615/585</p>	<p>12 COUNTRY STEAK TENDERS-18G MASHED POTATOES-21G GRAVY-7G APPLE SAUCE-22G MILK</p> <p>CALORIES-645/615</p>
<p>15 HOT POCKET-32G GREEN BEANS-6G APPLE JUICE-14G STRING CHEESE-1G RICE KRISPIE-9G MILK</p> <p>CALORIES-640/610</p>	<p>16 CORN DOG-30G BAKED BEANS*-29G MIXED FRUIT-20G FRUIT ROLL UP-11G 2 KETCHUP-4G 1 MUSTARD-0G MILK</p> <p>CALORIES-650/620</p>	<p>17 CHICKEN TENDERS-22G CORN-21G APPLESAUCE-22G BBQ SAUCE-7G MILK</p> <p>CALORIES-677/647</p>	<p>18 PERSONAL PEPPERONI PIZZA-39G BROCCOLI-4G FRUIT PUNCH-14G TEDDY GRAHAMS-16G MILK</p> <p>CALORIES-660/600</p>	<p>19 <b>GLUTEN FREE</b> NACHOS-30G (TACO MEAT, CHEESE, CHIPS) SALSA-2G GRAPE JUICE-18G CARROT STICKS-8G RANCH CUP-5G MILK</p> <p>CALORIES-640/610</p>
<p>22 <b>NEW ITEM</b> CHEESE PIZZA SQUARE-30G GREEN BEANS-6G DICED PEARS-20G FRUIT SNACKS-22G MILK</p> <p>CALORIES-610/580</p>	<p>23 MINI TACO QUESADILLAS-30G SALSA-2G TACO BEANS-20G PINEAPPLE-18G CHOCOLATE CHIP COOKIE-14G MILK</p> <p>CALORIES-660/630</p>	<p>24 RIBLET-4G WW BUN-26G CORN-21G APPLESAUCE-22G FRUIT SNACKS-20G MILK</p> <p>CALORIES-710/680</p>	<p>25 BOSCO STICKS-34G MARINARA CUP-8G ROMAINE SALAD-3G RANCH CUP-5G GRAPE JUICE-18G MILK</p> <p>CALORIES-615/585</p>	<p>26 <b>5 HOUR DAY/GLUTEN FREE</b> 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>29 <b>NO SCHOOL</b></p> <p><b>TEACHER INSTITUTE</b></p> 	<p>30 CHICKEN NUGGETS-16G PEAS/CARROTS-9G MIXED FRUIT-20G DESPICABLE ME SNACKS-22G 2 KETCHUP-4G MILK</p> <p>CALORIES-650/620</p>	<p>31 <b>BIRTHDAY LUNCH</b> BEEF HOT DOG-1G WW BUN-26G FRIES-19G APPLE SLICES-7G SPOOKY ICE CREAM-16G 1 MUSTARD-0G 4 KETCHUP-8G MILK</p> <p>CALORIES-720/690</p>	<p>1 PERSONAL CHEESE PIZZA-40G ROMAINE SALAD-3G RANCH CUP-5G APPLE SLICES-7G RICE KRISPIE-9G MILK</p> <p>CALORIES-565/595</p>	<p>2 STRAWBERRY PANCAKES-40G STRAWBERRY BANANA YOGURT-20G CHEDDAR CHEESE-0G CARROT STICKS-8G ORANGE JUICE-12G RANCH CUP-5G MILK</p> <p>CALORIES-670/640</p>

Lunch Fees are collected on the first morning of the school week. The 2018-2019 lunch fee is \$2.70 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](http://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.