

## SEPTEMBER 2018

\*CONTAINS PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>NO SCHOOL</b></p> 	<p>4</p> <p>CHICKEN PATTY-15G WW BUN-26G CAULIFLOWER-4G PRETZELS-12G PINEAPPLE-18G MILK</p> <p>CALORIES-655/625</p>	<p>5</p> <p>CHICKEN QUESADILLA-38G TACO BEANS-20G SALSA-0G DICED PEACHES-12G RICE KRISPIE-9G MILK</p> <p>CALORIES-650/620</p>	<p>6</p> <p>GARLIC FRENCH BREAD-30G MARINARA CUP-8G GREEN BEANS-6G DICED PEARS-20G RICE KRISPIE-9G MILK</p> <p>CALORIES-640/610</p>	<p>7 <b>GLUTEN FREE</b></p> <p>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>PERSONAL PEPPERONI PIZZA-39G BROCCOLI-4G FRUIT PUNCH-14G FRUIT SNACKS-22G MILK</p> <p>CALORIES-620/590</p>	<p>11</p> <p>GRILLED CHICKEN BITES-6G GREEN BEANS-6G STRAWBERRIES-21G FRUIT ROLL UP-11G HONEY MUSTARD SAUCE-20G MILK</p> <p>CALORIES-635/605</p>	<p>12</p> <p>CHEESEBURGER SLIDERS-39G CARROT COINS-7G FRUIT PUNCH-14G FRUIT ROLL UP-11G 1 KETCHUP-2G 1 MUSTARD-0G MILK</p> <p>CALORIES-625/595</p>	<p>13</p> <p>BOSCO STICKS-34G MARINARA CUP-8G ROMAINE SALAD-3G RANCH CUP-5G GRAPE JUICE-18G MILK</p> <p>CALORIES-615/585</p>	<p>14 <b>GLUTEN FREE</b></p> <p>CHICKEN TACO SALAD(CHICKEN, CHEESE, LETTUCE, TORTILLA CHIPS)-28G SALSA-2G FRESH CARROTS-8G RANCH-5G APPLE SLICES-7G MILK</p> <p>CALORIES-688/658</p>
<p>17</p> <p>BBQ CHICKEN-21G WW BUN-26G FRIES-19G APPLE JUICE-14G 4 KETCHUP-8G MILK</p> <p>CALORIES-730/700</p>	<p>18</p> <p>HOT POCKET-32G BROCCOLI-4G TROPICAL FRUIT-15G STRING CHEESE-1G RICE KRISPIE-9G MILK</p> <p>CALORIES-640/610</p>	<p>19</p> <p>MINI CORN DOG-30G BAKED BEANS*-29G PINEAPPLE-18G FRUIT SNACKS-20G MILK</p> <p>CALORIES-700/670</p>	<p>20</p> <p>BBQ CHICKEN FLATBREAD-38G ROMAINE SALAD-3G RANCH CUP-5G DICED PEARS-20G RICE KRISPIE-9G MILK</p> <p>CALORIES-645/615</p>	<p>21 <b>5 HOUR DAY</b></p> <p>PANCAKE/SAUSAGE STICK-18G CARROT STICKS-6G ORANGE JUICE-13G SYRUP-4G STRING CHEESE-1G YOGURT-19G MILK</p> <p>CALORIES-633/603</p>
<p>24</p> <p>RIBLET-4G WW BUN-26G CORN-21G APPLESAUCE-22G FRUIT SNACKS-20G MILK</p> <p>CALORIES-710/680</p>	<p>25</p> <p>CHILI CHEESE WRAP-35G TACO BEANS-20G PINEAPPLE-18G SALSA-2G MILK</p> <p>CALORIES-610/580</p>	<p>26</p> <p>MINI WAFFLES-38G YOGURT-19G STRING CHEESE-1G FRESH CARROTS-6G ORANGE JUICE-13G SYRUP-4G MILK</p> <p>CALORIES-603/573</p>	<p>27</p> <p>BOSCO STICKS-34G MARINARA CUP-8G ROMAINE SALAD-3G RANCH CUP-5G GRAPE JUICE-18G MILK</p> <p>CALORIES-615/585</p>	<p>28 <b>GLUTEN FREE</b></p> <p>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><b>OCTOBER 1</b></p> <p>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</p> <p>CHEESE QUESADILLA-40G TACO BEANS-20G SALSA CUP-0G STRING CHEESE-1G DICED PEARS-20G MILK</p> <p>CALORIES-720/690</p>	<p>3</p> <p>CHICKEN TENDERS-22G CAULIFLOWER-4G BBQ SAUCE-7G FRESH APPLE-7G SLUSHY-20G MILK</p> <p>CALORIES-637/600</p>	<p>4</p> <p>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</p> <p>MACARONI/CHEESE-32G BROCCOLI-4G GRAPE JUICE-18G LEMON BLUEBERRY CRISPS-21G MILK</p> <p>CALORIES-630/600</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.