



# February

*! Contains Pork*



www.eatlearnlive.com/chartbusters

## Lemont-Bromberek Elementary School

Vegetarian options are italicized.  
Whole wheat/grain items are underlined.  
Substitutions in the menu may occur

**Lunch Meal Prices:**  
**\$2.55 per lunch**  
**.40 for reduced**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This month's food focus is on brown rice. CHICKEN PATTIES, CHICKEN NUGGETS, PIZZA CRUST AND CORN CHIPS, BREADS, BUNS AND TORTILLA WRAPS ARE WHOLE GRAIN.</p> <p>2 servings of fruits and/or vegetables are included with a meal. A fruit &amp; vegetable bar allows students to choose a vegetable and a fruit. A cracker assortment is offered with each meal featuring whole wheat crackers. Students are offered a variety of low fat and fat free milk.</p> <p>EACH MONTH WE WILL FEATURE LOCALLY GROWN PRODUCE. LOCALLY GROWN IS DEFINED AS BEING GROWN AND HARVESTED WITHIN 150 MILES OF THE SERVING SITE.</p>				
<p>6 <u>FRUIT/YOGURT PARFAIT</u> <u>w/HOMEMADE GRANOLA</u> OR OVEN FRIED CHICKEN POTATOES AU GRATIN SEASONED GREEN BEANS BANANA FRESH ORANGE WEDGES SPINACH CELERY STICKS FAT FREE RANCH DRESSING</p>	<p>7 <u>W.G. CHICKEN NUGGETS</u> OR MEAT LOAF MASHED POTATOES BROWN GRAVY PEACHES BROCCOLI FLORETTES THREE BEAN SALAD APPLE SLICES</p>	<p>8 NACHOS WITH GROUND BEEF REFRIED BEANS OR <u>MINESTRONE SOUP &amp; WHOLE WHEAT ROLL</u> FRESH ORANGE CELERY STICKS BLUSHING PEARS</p>	<p>9 HAMBURGER ON A <u>BUN</u> Ketchup OR VEGETABLE SOUP w/ GOLDFISH CRACKERS &amp; MOZZARELLA STRING CHEESE GOLDEN CORN CHILLED PEACHES SPINACH APPLE SLICES FREE RANCH DRESSING</p>	<p>10 <u>W.G. FRENCH TOAST STICKS</u> SYRUP ISAUSAGE PATTIE OR CHICKEN NOODLE SOUP <u>W/WHOLE WHEAT ROLL</u> SPINACH FAT FREE RANCH DRESSING RED PEPPERS BANANA APPLE SLICES</p>
<p>13 <u>HOT DOG ON A BUN</u> OR PRETZEL, CHEESE SAUCE &amp; CHILI MANDARIN ORANGES CARROT STICKS BROCCOLI, F.F. RANCH DRESSING THREE BEAN SALAD <u>MONTHLY BIRTHDAY PARTY</u> PRESIDENT DAY SUGAR COOKIES</p>	<p>14 <u>W.G. MACARONI AND CHEESE</u> <u>W/</u> <u>WHOLE WHEAT ROLL</u> GREEN BEANS OR VEGETABLE WRAP SEASONED BROCCOLI FRESH ORANGE WEDGES CELERY STICKS PEARS</p>	<p>15 <u>W.G. CHICKEN NUGGETS</u> MASHED POTATOES BROWN GRAVY ORANGE GLAZED CARROTS <u>WHOLE WHEAT ROLL</u> OR <u>FRUITY YOGURT PARFAIT</u> <u>W/HOMEMADE GRANOLA</u> APPLE SLICES FRUIT COCKTAIL BROCCOLI FLORETTES CARROT STICKS R.F. RANCH DRESSING</p>	<p>16 MEATBALLS IN SPAGHETTI SAUCE &amp; <u>PLAIN PASTA</u> OR CHICKEN RICE SOUP SOFT BREADSTICK ROMAINE LETTUCE FAT FREE RANCH DRESSING CARROT STICKS PEACHES CAULIFLOWER FLORETTES</p>	<p>17 <b>NO LUNCH TODAY</b></p>
<p>20 <b>NO SCHOOL TODAY</b> <b>PRESIDENTS' DAY</b></p>	<p>21 <u>FUN LUNCH- (R.S. W.G. CEREAL</u> <u>1/2 W/WHY BAGEL, R.F. CREAM</u> <u>CHEESE)</u> OR HOT DOG ON A BUN SEASONED CORN FAT FREE RANCH DRESSING Ketchup, Mustard ROMAINE LETTUCE CARROT STICKS APPLE SLICES PEACHES</p>	<p>22 PANCAKES ISAUSAGE PATTIE SYRUP OR <u>VEGETABLE SOUP W/WHOLE</u> <u>WHEAT ROLL &amp;</u> MOZZARELLA STRING CHEESE SPINACH FAT FREE RANCH DRESSING ORANGE WEDGES THREE BEAN SALAD PEARS</p>	<p>23 <u>PASTA W/ MEATBALLS IN</u> <u>PASTA SAUCE</u> SOFT BREADSTICK OR <u>TOASTED CHEESE SANDWICH</u> APPLE SAUCE PEACHES ROMAINE LETTUCE FAT FREE RANCH DRESSING APPLE SLICES</p>	<p>24 <u>CHICKEN NOODLE SOUP &amp;</u> <u>WHOLE WHEAT ROLL</u> OR BREADED FISH FILLET CILANTRO LIME RICE SEASONED GREEN BEANS SPINACH FAT FREE RANCH DRESSING ORANGE WEDGES PEARS</p>
<p>27 <u>PASTA ITALIAN MEAT SAUCE</u> PARMESAN CHEESE SOFT BREADSTICK OR TURKEY, RANCH &amp; SWISS WRAP CHILLED PEACHES VEGETABLE GARDENERIA ROMAINE LETTUCE FAT FREE RANCH DRESSING</p>	<p>28 <u>FUN LUNCH- (R.S. W.G.</u> <u>CEREAL</u> <u>1/2 W. WHY BAGEL, R.F.</u> <u>CREAM CHEESE)</u> OR POPCORN CHICKEN <u>RICE</u> BOWL RAINBOW APPLES ROMAINE LETTUCE FAT FREE RANCH DRESSING</p>	<p>29 OVEN FRIED PORK CHOP OR <u>MACARONI AND CHEESE</u> SEASONED GREEN BEANS <u>WHOLE WHEAT ROLL</u> APPLE SAUCE ORANGE WEDGES FRUIT JUICE</p>		

On the first attendance day of each week, you may send lunch money for your child. Please clearly mark the envelope with your child's first