



February

www.eatlearnlive.com/chartbusters



**Lemont-Bromberek
SD113A
Middle School Menu**

Substitutions in the menu may occur

Vegetarian options are italicized.

! Contains Pork

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ITEMS ALSO AVAILABLE ON A DAILY BASIS ARE: MEAL SIZE SALADS, CHEESE PIZZA, PEPPERONI PIZZA, HAMBURGER, CHEESEBURGER AND CHICKEN SANDWICH</p> <p>CHICKEN PATTIES, CHICKEN NUGGETS, PIZZA CRUST AND CORN CHIPS, BREADS, BUNS AND TORTILLA WRAPS ARE WHOLE GRAIN.</p> <p>This month's food focus is on brown rice.</p> <p>2 servings of fruits and/or vegetables are included with a meal. A fruit & 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>6 GUMBO & BISCUIT & BUTTER CORN DOG POTATO PUFFS TURKEY DELI SANDWICH FRESH ORANGE WEDGES CARROT STICKS APPLE SAUCE ROMAINE LETTUCE FAT FREE RANCH DRESSING CHEESE PIZZA SAUSAGE PIZZA</p>	<p>7 CHICKEN NUGGETS BBQ Sauce WHOLE WHEAT ROLL MASHED POTATOES BROWN GRAVY RED BEANS & RICE W/ CORNBREAD & BUTTER EGG SALAD SANDWICH PEACHES BROCCOLI FLORETTES APPLE SLICES CINNAMON ROLLS</p>	<p>8 SHRIMP BISQUE & FRENCH BREAD DELI BAR GRILLED CHICKEN/BUN VEGETABLE PIZZA CARROT STICKS BROCCOLI FLORETTES BANANA</p>	<p>9 CALZONE & MARINARA SAUCE JAMBALAYA & FRENCH BREAD ITALIAN CHICKEN & CHEESE VEGETABLE PIZZA APPLE SLICES MANDARIN ORANGES CELERY STICKS CARROT STICKS CREAM PUFF</p>	<p>5 FRENCH TOAST STICKS SAUSAGE PATTY SYRUP FRIED CATFISH POBOY SPICY ITALIAN POTATO CHUNKS TURKEY DELI WRAP PEPPERONI PIZZA CARROT STICKS BROCCOLI FLORETTES BANANA</p>
<p>13 OVEN FRIED CHICKEN CHARLOTTE POTATOES SEASONED GREEN BEANS WHOLE WHEAT ROLL CHICKEN SALAD ON CROISSANT CHICKEN FAJITA PIZZA CHEESE PIZZA CHILLED PEACHES CARROT STICKS PEARS SPINACH FAT FREE RANCH DRESSING</p>	<p>14 ROAST PORK GARLIC MASHED POTATOES CORN CASSEROLE FRESH BAKED BISCUIT & BUTTER TUNA SALAD SANDWICH TURKEY & CHEESE WRAP SAUSAGE PIZZA PINEAPPLE CHUNKS SPINACH FAT FREE RANCH DRESSING MANDARIN ORANGES KING CAKE FAT TUE SDAY</p>	<p>15 W.G. CHICKEN NUGGETS BBQ Sauce WHOLE WHEAT ROLL MASHED POTATOES BROWN GRAVY TURKEY, RANCH & SWISS WRAP VEGETARIAN CHILI & CORNBREAD W/BUTTER PEACHES BROCCOLI FLORETTES APPLE SLICES</p>	<p>16 PASTA BAR & SOFT BREADSTICK DELI SANDWICH TUNA SALAD SANDWICH APPLE JUICE CHICKEN MANDARIN SALAD CHICKEN CLUB SALAD MEATLOVERS' PIZZA CELERY STICKS APPLE SAUCE FRESH ORANGE WEDGES ROMAINE LETTUCE</p>	<p>17 NO SCHOOL TODAY</p> 
<p>20 NO SCHOOL TODAY</p> 	<p>21 CALZONE & MARINARA SAUCE EGG SALAD SANDWICH TRIPLE DECKER TURKEY CLUB VEGGIE PIZZA CHEF SALAD CHICKEN MANDARIN SALAD GOLDEN CORN APPLE SAUCE ROMAINE LETTUCE CUCUMBER, RAW CHILLED PEACHES</p>	<p>22 MEATBALL SUB BAKED POTATO & BUTTER BAKED BEANS (VEGETARIAN) TURKEY DELI SANDWICH 3 CHEESE WRAP CELERY STICKS BANANA FRESH ORANGE WEDGES BROCCOLI FLORETTES VEGETABLE PASTA SALAD</p>	<p>23 PASTA BAR & SOFT BREADSTICK VEGETABLE QUESADILLA DELI SANDWICH TUNA SALAD SANDWICH APPLE JUICE CHICKEN CLUB SALAD MEATLOVERS' PIZZA CELERY STICKS APPLE SAUCE ORANGE WEDGES ROMAINE LETTUCE</p>	<p>24 BREADED CATFISH FILLET CILANTRO LIME RICE SEASONED GREEN BEANS EGG SALAD SANDWICH TRIPLE DECKER TURKEY CLUB VEGGIE PIZZA CHEF SALAD VEGETABLE QUESADILLA GOLDEN CORN CARROT STICKS APPLE SAUCE ROMAINE LETTUCE CUCUMBER</p>
<p>27 DELI BAR MEATBALLS IN SPAGHETTI SAUCE W/ PLAIN PASTA SOFT BREADSTICK VEGGIE BAGEL APPLE SLICES MANDARIN ORANGES CELERY STICKS CARROT STICKS WHOLE WHEAT SUGAR COOKIE CHICKEN FAJITA PIZZA</p>	<p>28 FRENCH TOAST STICKS SYRUP SAUSAGE PATTIE VEGETABLE WRAPS MACARONI AND CHEESE SEASONED BROCCOLI WHOLE WHEAT ROLL</p>	<p>29 CALZONE & MARINARA SAUCE EGG SALAD SANDWICH TRIPLE DECKER TURKEY CLUB VEGGIE PIZZA GOLDEN CORN APPLE SAUCE CARROT STICKS FAT FREE RANCH DRESSING CUCUMBER</p>	<p>EACH MONTH WE WILL FEATURE LOCALLY GROWN PRODUCE. LOCALLY GROWN IS DEFINED AS BEING GROWN AND HARVESTED WITHIN 150 MILES OF THE</p> <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 and last name. You may also make deposits on MyNutriKids.com at anytime.</p>	