



# Lunch Menu AUGUST 2022



Boone, DeKalb, DuPage, Kane, Kankakee, Kendall, Lake,  
McHenry, Will

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>01 Turkey Sandwich</b> Sliced Turkey, 2.5oz Cheddar Cheese, .75oz WG Bread, 2oz (2ea) Grape Tomatoes, 1/3c Apple, 1/2c Mustard, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>02 Nacho Day</b> Grilled Chicken, 1.5oz Cheddar Cheese, 1oz WG Tortilla Chips, 1oz Red Salsa, 1/2c Plum, 1/4c FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>03 Parfait Day</b> Blueberry Yogurt, 4oz Cheese Stick, 1oz WG Graham Cracker, 1oz Cucumber Slices, 1/2c Grapes, 1/3c 1% White Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>04 Flatbread Pizza</b> WG Flatbread, 2oz Mozzarella Cheese, 2oz Pizza Sauce, 1oz Green Pepper Slices, 1/3c Pear, 1/2c Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>05 Chopped Salad</b> Grilled Chicken, 2.5oz Shredded Carrots, 1/8c Romaine Lettuce, 1c Orange 1/2c WG Breadstick, 1oz Ranch Dressing, 1ea FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>
<p><b>08 BBQ Chicken Nuggets</b> Breaded Nuggets, 3.5oz Pretzel Goldfish, .75oz Broccoli Florets, 1/3c Peach, 1/2c BBQ Sauce, 1ea Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>09 Turkey on Oat Bread</b> Sliced Turkey, 2oz Provolone Cheese, .75oz Oat Bread, 2oz Vegetable Sticks, 1/3c Pear, 1/2c Low-Fat Mayo, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>10 Grilled Chicken Salad</b> Grilled Chicken, 1.5oz Cheese Cubes, 1oz WG Breadstick, 1oz Romaine Lettuce, 1c Grape Tomatoes, 1/8c Orange, 1/2c Italian Dressing, 1ea FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>11 Chicken Pita</b> Grilled Chicken, 2oz Cheddar Cheese, .5oz Whole Wheat Pita, 2oz Green Peppers, 1/3c Apple, 1/2c Hot Sauce-mild 1% White Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>12 It's Brunch Time!</b> Hardboiled Egg, 1ea Strawberry Yogurt, 4oz WG Blueberry Muffin, 2oz Carrots, 1/2c Plum, 1/4c Low-Fat Ranch, 1ea 1% White Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>
<p><b>15 Sunbutter Sandwich</b> Sunbutter Sandwich, 2.6oz Cheese Stick, 1oz WG Cheddar Crackers, 1oz Broccoli, 1/3c Apple, 1/2c 1% White Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>16 Soft Pretzel Day</b> Soft Pretzel, 2oz (2ea) Sunflower Seeds, 1oz Straw/Banana Yogurt, 4oz Carrots, 1/2c Apple, 1/2c Low-Fat Ranch, 1ea Mustard, 1ea FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>17 Ham and Swiss</b> Sliced Ham, 2oz Swiss Cheese, .75oz WG Hoagie Roll, 2oz Carrots, 1/4c Flavored Applesauce, 1/2c Mustard, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>18 Hummus Dippers</b> Wheat Crackers, 1oz (4pk) Hummus Dip, 3oz Cheese Stick, 1oz Cucumber Slices, 1/2c Peach, 1/2c FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>	<p><b>19 BBQ Chicken Sandwich</b> Grilled Chicken Patty, 2.5oz Whole Wheat Bun, 2oz Cole Slaw, 1/3c Orange, 1/2c BBQ Sauce, 1ea Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz</p> <p># of Leftovers <input type="text"/></p>

**\*\* Use the boxes to help you keep track of your leftovers.**

**Contact Joy Prospal at (630) 443-6910 x177 to adjust your delivery amounts so that you are able to use all of**