





Indian Prairie School District #204
Elementary Lunch Menu
March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NATIONAL NUTRITION MONTH 2012</p> 			<p>1</p> <p><u>Entrée Choices</u> Chicken Patty on a Whole Grain Bun</p> <p>*Macaroni & Cheese w/Whole Grain Roll</p> <p>CHICKEN CAESAR SALAD BOWL w/Whole Grain Roll</p> <p>Grab & Go Fun Lunch: ***Bologna & Cheese on Whole Grain Bun w/WG Goldfish Crackers (choose fruit on cold food bar)</p> <p>*Soybutler & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Peas & Carrots Seasoned Potato Wedges</p> <p><u>Cold Food Bar Side Items</u> Corn & Black Bean Salad Fresh Celery Sticks Fresh Orange Wedges Chilled Cinnamon Apple Slices</p> <p>Choice of Milk</p>	<p>2</p> <p>No School Institute Day</p>
<p>*This menu item is a vegetarian option</p> <p>**This item contains Turkey</p> <p>***This item contains Pork</p>	 <p>www.simplygoodfood.org</p>	 <p>Choose MyPlate.gov</p>	<p> Balanced Choices Meals are meal combinations that meet precise nutrition standards that endorse healthy eating guidelines for students. BC meals are in bold on the menu.</p>	<p>Lunch Meal Prices: Paid Lunch: \$2.35 Reduced Lunch: \$0.40 White Milk: \$0.40 Chocolate Milk : \$0.50</p>

What is included in a lunch meal? You MUST choose 1 Entrée & MUST choose at least 1 side and CAN choose up to 3 sides for the same \$2.35 lunch price
Daily Milk Choices Include (milk is counted as a side item): Fat Free White, 1% White, and Fat Free Chocolate

Menu Questions or Comments?
Please Call Director of Dining Services: Greg Manning at 630-428-6570

Celebrate NATIONAL NUTRITION MONTH with one of our NEW Simply Good SALAD BOWLS – Choose a Salad Bowl and make half of your plate fruits and vegetables. Then add a serving of whole grain and lean protein. Enjoy with ice cold milk for a Complete MyPlate Meal!

 = Menu item is made with locally grown produce

Find menus posted at:
www.chartwellschooldining.com/ipsd204/content/menus.asp



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<p>5</p> <p><u>Entrée Choices</u> Baked Breaded Chicken Nuggets w/Whole Grain Roll</p> <p>Meatball Sub Sandwich on Whole Grain Bun</p> <p>Chef Salad w/**Deli Ham & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Whole Grain Blueberry Muffin & Crush Cup Yogurt w/Animal Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Green Beans Glazed Sweet Potatoes</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Baby Carrots  Fresh Apple Diced Pears</p> <p>Choice of Milk</p>	<p>6</p> <p><u>Entrée Choices</u> *Mini Maple Burst Pancakes w/Syrup with or without ***Sausage Patty</p> <p>Beef Sloppy Joe on a Whole Grain Bun</p> <p>Chef Salad w/Popcorn Chicken & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: **Turkey & Cheese Whole Grain Sub w/Graham Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Potato Smiles</p> <p><u>Cold Food Bar Side Items</u> Vegetable Pasta Salad Fresh Broccoli Fresh Orange Wedges Mixed Fruit</p> <p>Choice of Milk</p>	<p>7</p> <p><u>Entrée Choices</u> Nachos w/Cheese & Beef Taco Meat or *Vegetarian Refried Beans</p> <p>Chicken Patty on a Whole Grain Bun</p> <p>COBB SALAD BOWL w/Egg, Turkey, & Ham & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Pita Triangles w/Hummus & Baby Carrots (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Corn on the Cob</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Cauliflower Fresh Banana Applesauce Salsa</p> <p>Choice of Milk</p>	<p>8</p> <p><u>Entrée Choices</u> Baked BBQ Chicken w/Whole Grain Roll</p> <p>Cheeseburger on a Whole Grain Bun</p> <p>CHICKEN CAESAR SALAD BOWL w/Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Low Sugar Cereal & String Cheese w/Graham Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u>  Baked Potato Half</p> <p><u>Cold Food Bar Side Items</u> Macaroni Salad Fresh Celery Sticks Fresh Orange Wedges Chilled Cinnamon Apple Slices</p> <p>Choice of Milk</p>	<p>9</p> <p><u>Entrée Choices</u> *Cheese Pizza or ***Pepperoni Pizza</p> <p>***BBQ Pork Rib Sandwich on a Whole Grain Bun</p> <p>Chef Salad w/**Deli Turkey & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: ***Ham Sandwich on Whole Grain Bread w/Animal Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Baked Vegetarian Beans</p> <p><u>Cold Food Bar Side Items</u> Coleslaw Tossed Salad w/Romaine Fresh Baby Carrots  Fresh Apple Diced Peaches</p> <p>Choice of Milk</p>
<p>*This menu item is a vegetarian option</p> <p>**This item contains Turkey</p> <p>***This item contains Pork</p>	 <p>www.simplygoodfood.org</p>	<p>NATIONAL NUTRITION MONTH 2012</p> 	<p> Balanced Choices Meals are meal combinations that meet precise nutrition standards that endorse healthy eating guidelines for students. BC meals are in bold on the menu.</p>	<p>Lunch Meal Prices: Paid Lunch: \$2.35 Reduced Lunch: \$0.40 White Milk: \$0.40 Chocolate Milk: \$0.50</p>

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Menu Questions or Comments?
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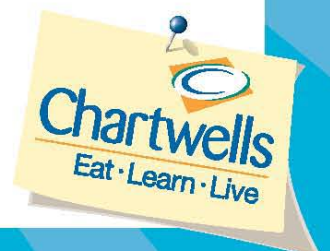
 = Menu item is made with locally grown produce

Find menus posted at:
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Indian Prairie School District #204

Elementary Lunch Menu

March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16 St. Patrick's Day Treat!!
<p><u>Entrée Choices</u> *Cheese Stuffed Breadstick w/Marinara Sauce</p> <p>Chicken Patty on a Whole Grain Bun</p> <p>Chef Salad w/**Deli Ham & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Nutri-Grain Bar & Crush Cup Yogurt w/Animal Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Green Beans</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Carrot Sticks  Fresh Apple Mixed Fruit</p> <p>Choice of Milk</p>	<p><u>Entrée Choices</u> *Whole Grain Pancakes w/Syrup with or without ***Sausage Patty</p> <p>Beef Chili w/Oyster Crackers</p> <p>Chef Salad w/Popcorn Chicken & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: **Turkey & Cheese Whole Grain Sub w/Graham Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Seasoned Peas Potato Smiles</p> <p><u>Cold Food Bar Side Items</u> Vegetable Pasta Salad Fresh Broccoli 100% Apple Juice Cup Diced Pears</p> <p>Choice of Milk</p>	<p><u>Entrée Choices</u> Cheeseburger w/Swiss on a Whole Grain Bun</p> <p>**Hot Dog on a Whole Grain Bun</p> <p>*Garden Salad w/Cheese & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Baked Tostitos Scoops w/Cheddar Cheese, Salsa, & Baby Carrots (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Sweet Potato Fries</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Cauliflower Fresh Banana Mandarin Oranges</p> <p>Choice of Milk</p>	<p><u>Entrée Choices</u> Baked Breaded Chicken Nuggets w/Whole Grain Roll</p> <p>*Pasta & Marinara Sauce w/Whole Grain Roll</p> <p>CHICKEN CAESAR SALAD BOWL w/Whole Grain Roll</p> <p>Grab & Go Fun Lunch: **Italian Turkey Wrap w/ Baby Carrots (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Seasoned Carrots</p> <p><u>Cold Food Bar Side Items</u> Broccoli Salad Fresh Celery Sticks Fresh Orange Wedges Diced Peaches</p> <p>Choice of Milk</p>	<p> <u>Entrée Choices</u> *Cheese Pizza or ***Pepperoni Pizza</p> <p>Meatball Sub Sandwich</p> <p>COBB SALAD BOWL w/Egg, Turkey, & Ham & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: ***Bologna & Cheese on Whole Grain Bun w/ WG Goldfish Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Baked Vegetarian Beans Rice Pilaf</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Carrot Sticks GREEN Applesauce Whole Grain Vanilla Physedible Crackers Choice of Milk</p>
<p>*This menu item is a vegetarian option</p> <p>**This item contains Turkey</p> <p>***This item contains Pork</p>	 <p>www.simplygoodfood.org</p>	<p>NATIONAL NUTRITION MONTH 2012</p> 	<p> Balanced Choices Meals are meal combinations that meet precise nutrition standards that endorse healthy eating guidelines for students. BC meals are in bold on the menu.</p>	<p>Lunch Meal Prices: Paid Lunch: \$2.35 Reduced Lunch: \$0.40 White Milk: \$0.40 Chocolate Milk: \$0.50</p>

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Menu Questions or Comments?

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<p>19</p> <p><u>Entrée Choices</u> *Whole Grain French Toast Sticks w/Syrup with or without ***Sausage Patty</p> <p>Pizza Burger on a Whole Grain Bun</p> <p>Chef Salad w/**Deli Ham & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Nutri-Grain Bar & Crush Cup Yogurt w/Animal Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Potato Smiles</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Baby Carrots  Fresh Apple Diced Peaches</p> <p>Choice of Milk</p>	<p>20</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">School Improvement Planning Day</p> <p style="text-align: center;">Celebrate <u>NATIONAL NUTRITION MONTH</u> with one of our <u>NEW Simply Good SALAD BOWLS</u> – Choose a Salad Bowl and make half of your plate fruits and vegetables. Then add a serving of whole grain and lean protein. Enjoy with ice cold milk for a Complete <u>MyPlate Meal!</u></p> <p style="text-align: center;"> www.simplygoodfood.org</p>	<p>21</p> <p><u>Entrée Choices</u> Soft Shell Tacos w/Beef Taco Meat or *Vegetarian Refried Beans</p> <p>Baked Breaded Chicken Nuggets w/Whole Grain Roll</p> <p>Catalina **Turkey Salad w/Whole Grain Roll</p> <p>Grab & Go Fun Lunch: **Turkey Club Bagel Sandwich w/Baby Carrots (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Golden Corn</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Vegetable Fresh Fruit Applesauce Salsa</p> <p>Choice of Milk</p> <p style="text-align: center;">NATIONAL NUTRITION MONTH 2012 </p>	<p>22</p> <p><u>Entrée Choices</u> *Cheese Pizza or ***Pepperoni Pizza</p> <p>**Corn Dog</p> <p>CHICKEN CAESAR SALAD BOWL w/Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Baked Tostitos Scoops w/Cheddar Cheese, Salsa & Baby Carrots (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Mixed Vegetables Sweet Potato French Fries</p> <p><u>Cold Food Bar Side Items</u> Vegetable Salad Fresh Vegetable Fresh Fruit Diced Pears</p> <p>Choice of Milk</p> <p> Balanced Choices Meals are meal combinations that meet precise nutrition standards that endorse healthy eating guidelines for students. BC meals are in bold on the menu.</p>	<p>23</p> <p style="text-align: center;">Half Day of School</p> <p style="text-align: center;">No Lunch Served</p> <p style="text-align: center;">Lunch Meal Prices: Paid Lunch: \$2.35 Reduced Lunch: \$0.40 White Milk: \$0.40 Chocolate Milk: \$0.50</p>
<p>*This menu item is a vegetarian option</p> <p>**This item contains Poultry</p> <p>***This item contains Pork</p>				

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SPRING BREAK WEEK – MARCH 26TH – 30TH

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Indian Prairie School District #204
Elementary Lunch Menu
April 2nd – 6th 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>Entrée Choices</u> *Mini Maple Burst Pancakes w/Syrup with or without ***Sausage Patty</p> <p>**Corn Dog</p> <p>Chef Salad w/***Deli Ham & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Low Sugar Cereal & String Cheese w/Graham Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Sweet Potato Tots</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Baby Carrots  Fresh Apple Diced Pears</p> <p>Choice of Milk</p>	<p>3</p> <p><u>Entrée Choices</u> Hamburger on Whole Grain Bun</p> <p>*Make Your Own Pita Pizza with or without Pepperoni</p> <p>Chef Salad w/Popcorn Chicken & Whole Grain Roll</p> <p>Grab & Go Fun Lunch: **Turkey & Cheese Whole Grain Sub w/Graham Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Seasoned Carrots</p> <p><u>Cold Food Bar Side Items</u> Vegetable Pasta Salad Fresh Broccoli Fresh Orange Wedges Mixed Fruit</p> <p>Choice of Milk</p>	<p>4</p> <p><u>Entrée Choices</u> Nachos w/Cheese & Beef Taco Meat or *Vegetarian Refried Beans</p> <p>Baked Breaded Popcorn Chicken w/Whole Grain Roll</p> <p>Catalina **Turkey Salad w/Whole Grain Roll</p> <p>Grab & Go Fun Lunch: *Blueberry Muffin & Crush Cup Yogurt w/Animal Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Fiesta Rice</p> <p><u>Cold Food Bar Side Items</u> Tossed Salad w/Romaine Fresh Cauliflower Fresh Banana Applesauce Salsa</p> <p>Choice of Milk</p>	<p>5</p> <p><u>Entrée Choices</u> **Sliced Roast Turkey w/Whole Grain Roll</p> <p>*Macaroni & Cheese w/Whole Grain Roll</p> <p>Chicken Caesar Salad w/Whole Grain Roll</p> <p>Grab & Go Fun Lunch: ***Bologna & Cheese on Whole Grain Bun w/ WG Goldfish Crackers (choose fruit on cold food bar)</p> <p>*Soybutter & Grape Jelly Sandwich</p> <p><u>Hot Side Items</u> Mashed Potatoes w/Gravy Green Beans</p> <p><u>Cold Food Bar Side Items</u> Chickpea Salad Fresh Celery Sticks Fresh Orange Wedges Chilled Cinnamon Apple Slices</p> <p>Choice of Milk</p>	<p>6</p> <p style="text-align: center;">No School Today</p>
<p>*This menu item is a vegetarian option</p> <p>**This item contains Poultry</p> <p>***This item contains Pork</p>	 <p>www.simplygoodfood.org</p>		<p> Balanced Choices Meals are meal combinations that meet precise nutrition standards that endorse healthy eating guidelines for students. BC meals are in bold on the menu.</p>	<p>Lunch Meal Prices: Paid Lunch: \$2.35 Reduced Lunch: \$0.40 White Milk: \$0.40 Chocolate Milk: \$0.50</p>

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Garbanzo Beans - Also known as chickpeas, garbanzo beans have a delicious nutlike taste and buttery texture. They are a good source of protein and iron, and an excellent source of fiber.

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