



School Nutrition, Part of a Balanced Education

# 2010-2011 Middle School Lunch Menu

Mount Prospect School District 57

DAY OF WEEK	Sandwiches Galore	Pizzeria	Health Nut	World's Fare	Chicken Picks
<b>Monday</b>	Chicken Patty/Bun - A Cheeseburger/Bun - A Rib BQ Sandwich - A Grilled Chicken/BBQ/Bun - A	Domino's Smart Slice Cheese Pizza - C	PBJ Sandwich - A Assorted Deli Sandwiches - A	Chicago Hot Dog - C	Chicken Tenders - A
<b>Tuesday</b>	Spicy Chicken Patty/Bun - A Hamburger/Bun - A Grilled Chicken/BBQ/Bun - A	Round Pepperoni Pizza - A	Shaker Salad w/ Pretzel - B PBJ Sandwich - A Assorted Deli Sandwiches - A	Bosco Sticks w/ Marinara Sauce - B	Chicken Nuggets - A
<b>Wednesday</b>	Chicken Patty/Bun - A Cheeseburger/Bun - A Grilled Chicken/BBQ/Bun - A	Domino's Smart Slice Cheese Pizza - C	Shaker Salad w/ Pretzel - B PBJ Sandwich - A Assorted Deli Sandwiches - A	Mozzarella Sticks w/ Marinara Sauce - C	Chicken Rings - A
<b>Thursday</b>	Spicy Chicken Patty/Bun - A Hamburger/Bun - A Meatball Sub - A Grilled Chicken/BBQ/Bun - A	Big Daddy Cheese Pizza Slice - C	Shaker Salad w/ Pretzel - B PBJ Sandwich - A Assorted Deli Sandwiches - A	Pasta w/ Garlic Bread - B	Chicken Tenders - A
<b>Friday</b>	Chicken Patty/Bun - A Cheeseburger/Bun - A Grilled/BBQ/Bun - A	Cheese Quesadilla - C	Shaker Salad w/ Pretzel - B PBJ Sandwich - A Assorted Deli Sandwiches - A	Nachos Grande - C	Popcorn Chicken - A

## Daily Side Choices

This school year, Daily Side Choices will no longer be posted on the menu in order to utilize more seasonal and local produce. Instead, a variety of fresh, frozen, canned, and dried fruits and vegetables will be offered, as available. *Whole apples, bagged carrots, and 100% juice cups will be available daily.*

## About Manager's Specials...

This year the kitchen managers at the Middle Schools will be introducing exciting new entrée items daily, that are not a part of the regularly scheduled menu and will include the following: French Toast Sticks and Turkey Sausage, Soft Shell Tacos, Shrimp Poppers, Fish Fillet on a Bun, Baked Chicken, Pork Roast, Chicken Fajitas, Caesar Salad, Mandarin Chicken and Rice, Corn Dog, Chili, and more. Student sales will drive the frequency of a Manager's Special, so let the manager know what you enjoy by purchasing those specials often.

### Lunch Prices

**A—\$2.35**

**B—\$2.60**

**C—\$2.90**

**Extra Milk**

**50¢**

Remember:  
Try to eat a variety  
of colors at lunch  
including red, orange,  
yellow, green, and  
purple.

### \*Featuring\*

- ◆ Choice of up to three fruits and vegetables daily.
- ◆ Assorted varieties of fresh, frozen, canned, or dried produce everyday.
- ◆ A grain basket stocked with whole grain rolls and flatbread. Choose up to two bread servings a day.
- ◆ Choice of cold and refreshing low fat white milk, low fat chocolate milk, or fat free milk.

### \*Ala Carte Items\*

- ◆ Ala carte items are available daily including a variety of foods and beverages.
- ◆ These items range in price from \$0.35-\$1.25.
- ◆ These items meet the following nutrition standards:  
< 200 calories, < 35% calories from fat, < 10% calories from saturated fat, and < 35% calories from sugar.

MENU & PRICES SUBJECT TO CHANGE

If you have any questions about your student's lunch account please contact Amy McPartlin, 847-394-7300 EXT 1007

For more information about District 57 Food Services, please contact:

Leslie Baltrus, Manager of Food Services  
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- or -

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