



2011-2012 Middle School Lunch Menu

School Nutrition, Part of a Balanced Education

Mount Prospect School District 57

NEW:
Your student's ID number is used to create an online account at the web address listed in the blue box.

Lunch Prices
A—\$2.45
B—\$2.70
C—\$3.00
Extra Milk
50¢
Check your student's account balance or pay online at:
www.mymealtime.com

DAY OF WEEK	Sandwiches Galore	Pizzeria	Health Nut	World's Fare	Chicken Picks
Monday	Chicken Patty Sandwich - A Cheeseburger Sandwich - A Rib BBQ Sandwich - A	Round Pepperoni Pizza - A	PBJ Sandwich - A Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Chicago Hot Dog - C	Chicken Tenders - A
Tuesday	Spicy Chicken Patty Sandwich - A Hamburger Sandwich - A	Domino's Smart Slice Cheese Pizza - C	Shaker Salad - B PBJ Sandwich - A Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Bosco Sticks with Marinara Sauce - B	Popcorn Chicken - A
Wednesday	Chicken Patty Sandwich - A Cheeseburger Sandwich - A	Big Daddy's Cheese Pizza Slice - C	Shaker Salad - B PBJ Sandwich - A Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Mozzarella Sticks with Marinara Sauce - C	Chicken Tenders - A
Thursday	Spicy Chicken Patty Sandwich - A Hamburger Sandwich - A Meatball Sub - A	Domino's Smart Slice Cheese Pizza - C	Shaker Salad - B PBJ Sandwich - A Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Pasta with Meaty Red Sauce and Garlic Bread - B	Chicken Nuggets - A
Friday	Chicken Patty Sandwich - A Cheeseburger Sandwich - A	Big Daddy's Buffalo Chicken Pizza Slice - C	Shaker Salad - B PBJ Sandwich - A Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Nachos Grande - C	Chicken Tenders - A

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, fat free chocolate milk, or fat free white 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.

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. *Sliced apples, bagged carrots, and 100% juice cups will be available daily.*



Rotating Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	BBQ Chicken Sandwich - A	Tex-Mex Red Beans & Rice - A	Mini Pancakes and Canadian Bacon - A	Vegetarian Chili - A	Tuna Salad Sandwich - A
Week B	Black Bean Burger - A	Pasta Dipper Lunch - A	Chicken Stuffed Burrito - A	Egg and Cheese Flatbread Sandwich - A	Fish Tacos - A
Week C	Turkeyburger - A	Pasta With Meaty Red Sauce - A	Southwest Quesadilla - A	Pasta In A Garlic Chicken Sauce - A	Stuffed Salmon - A

AUGUST							SEPTEMBER							OCTOBER							NOVEMBER													
M	T	W	TH	F	S	A	M	T	W	TH	F	S	A	M	T	W	TH	F	S	A	M	T	W	TH	F	S	A							
1	2	3	4	5	6	A				1	2	3	C	3	4	5	6	7	8	9	10	11	12	13	14	B				1	2	3	4	A
8	9	10	11	12	13	B	5	6	7	8	9	10	A	10	11	12	13	14	15	16	17	18	19	20	21	C	7	8	9	10	11	12	13	B
15	16	17	18	19	20	A	12	13	14	15	16	17	B	17	18	19	20	21	22	23	24	25	26	27	28	C	14	15	16	17	18	19	20	A
22	23	24	25	26	27	A	19	20	21	22	23	24	A	24	25	26	27	28	29	30	31					C	X	X	X	X	X	X	X	A
29	30	31				B	26	27	28	29	30	31	A	31												C	28	29	30					A

DECEMBER							JANUARY							FEBRUARY							MARCH						
M	T	W	TH	F	S	A	M	T	W	TH	F	S	A	M	T	W	TH	F	S	A	M	T	W	TH	F	S	A
				1	2	A	2	3	4	5	6	7	B				1	2	3	C				1	2	3	A
5	6	7	8	9	10	B	9	10	11	12	13	14	A	6	7	8	9	10	11	B	5	6	7	8	9	10	C
12	13	14	15	16	17	C	16	17	18	19	20	21	A	13	14	15	16	17	18	B	12	13	14	15	16	17	C
X	X	X	X	X	X	A	23	24	25	26	27	28	B	20	21	22	23	24	25	A	19	20	21	22	23	24	C
X	X	X	X	X	X	B	30	31					C	27	28	29				B	X	X	X	X	X	X	A

APRIL							MAY							JUNE								
M	T	W	TH	F	S	A	M	T	W	TH	F	S	A	M	T	W	TH	F	S	A		
2	3	4	5	6	7	B				1	2	3	4	C							1	A
9	10	11	12	13	14	C	7	8	9	10	11	12	B	4	5	6	7	8	9	C		
16	17	18	19	20	21	A	14	15	16	17	18	19	A	11	12	13	14	15	16	B		
23	24	25	26	27	28	A	21	22	23	24	25	26	B	18	19	20	21	22	23	C		
30						B	28	29	30	31			C	25	26	27	28	29	30	A		

If you have questions about your student's lunch account please contact Judy Gawron, 847-394-7300 EXT 1004
jgawron@d57.org
 For more information about District 57 Food Services, please contact:
 Linda Myers, Food Service Manager
 847-394-7350 EXT 5080/lm Myers@d57.org
 -OR-
 Coletta Hines-Newell, Food Service Director
 847-758-4904/chinesnewell@sd25.org

Week A
Week B
Week C