

JANUARY 2012

AVOCA WEST ELEMENTARY SCHOOL

LUNCH MENU



Make Choices for a Healthy lifestyle!



ALTERNATIVE ENTREES FOR 4TH AND 5TH GRADE ONLY!

- MONDAY**
BAKED CHICKEN NUGGETS
- TUESDAY**
CHEESEBURGERS
- WEDNESDAY**
PASTA
- THURSDAY**
BREADED CHICKEN PATTY
- FRIDAY**
CAESAR OR CHICKEN
CAESAR SALAD

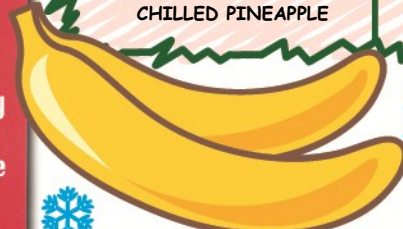


Questions about the menu?

Call
847-728-4115

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 PANCAKES STRAWBERRY TOPPING LOW FAT *SAUSAGE LINKS BAKED TATOR ROUNDS FRUIT JUICE CUP	4 CHICKEN TENDERS STEAMED MIXED VEGETABLES RED GRAPES	5 SOFT SHELL BEEF TACOS LETTUCE & CHEESE TACO SAUCE STEAMED RICE CHILLED PEACHES	6 UNO'S PIZZA CHEESE OR *PEPPERONI CELERY STICKS LITE RANCH DRESSING CUP BLUE GELATIN
9 ALL AMERICAN HOT DOG BAKED SEASONED POTATO WEDGES SLICED APPLES	10 ROTINI PASTA MARINARA SAUCE WINTER BLEND VEGETABLE CHILLED MANDARIN ORANGES	11 NEW!!!! WARM HAM & CHEESE CROISSANT CUCUMBER SLICES CHILLED MIXED FRUIT	12 BONELESS CHICKEN DRUMMIES STEAMED CORN CHILLED PEARS	13 UNO'S PIZZA CHEESE OR *PEPPERONI COUNTRY BLEND VEGETABLES STRAWBERRY YOGURT
16 NO SCHOOL MARTIN LUTHER KING DAY!	17 NO SCHOOL INSTITUTE DAY!	18 BREADED CHICKEN PATTY WHOLE WHEAT BUN CARROTEENIES CHILLED APPLESAUCE	19 BELGIUM WAFFLE STICKS SYRUP CUP LOW FAT *SAUSAGE LINKS BAKED TATOR ROUNDS APPLE CHERRY JUICE CUP	20 UNO'S PIZZA CHEESE OR *PEPPERONI STEAMED GREEN BEANS RED GRAPES
23 GRILLED CHEESE SANDWICH WHOLE WHEAT BREAD CHICKEN NOODLE SOUP CRACKERS CHILLED PEARS	24 BAKED CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY CHILLED PEACHES	25 CHEESE QUESDALLA SALSA CHUCK WAGON CORN CHILLED MANDARIN ORANGES	26 SPAGHETTI & MEATBALLS MARINARA SAUCE ITALIAN BLEND VEGETABLES SLICED APPLES	27 UNO'S PIZZA CHEESE OR *PEPPERONI BROCCOLI FLORETS CHILLED MIXED FRUIT
30 SOFT SHELL BEEF TACOS LETTUCE & CHEESE TACO SAUCE STEAMED RICE CHILLED PINEAPPLE	31 HOMEMADE CREAMY MACARONI & CHEESE CELERY STICKS LITE RANCH DRESSING CUP RED GRAPES	STUDENT LUNCH - \$3.35 INCLUDES: ENTRÉE, FRUIT, VEGETABLE AND MILK OR JUICE 4OZ OR SALAD OR SANDWICH AND MILK OR JUICE 4OZ		



PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.
1% & Fat Free milk offered daily. *Contains pork

