

September 2019 STREATOR ELEMENTARY SCHOOL DIST # 44

LUNCH



BUNS AND ROLLS ARE PRODUCED IN A PEANUT FREE PLANT. ROLLS ARE PRODUCED IN A PLANT WHICH HAS EGGS AND MILK PRODUCTS.

**PEANUT DAYS ARE ** 9-17



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

NO SCHOOL

2

HAVE A SAFE AND HAPPY LABOR DAY!

Tuesday

*Chicken Pattie W/G Bun

3

- *Mayo
- *Corn
- *Apple Sauce cup
- *Low Fat Milk

Wednesday

*Lasagna W/Mozz Cheese

4

- *Romaine lettuce W/Ranch
- *Fruit Slushy
- *Low Fat Milk

Thursday

*Chicken Chili W/Beans

5

- *Fritos
- *Pears
- *Brownie
- *Low Fat Milk

Friday

*Confetti Pancakes

6

- W/Syrup
- *Tator tots W/Ketchup
- *Cheese Curds
- *Orange Juice *Low Fat Milk

*BBQ Rib W/G Bun

9

- *BBQ Sauce
- *Green Beans
- *Fruit Mix
- *Low Fat Milk

*Turkey Deli W/G Bun

10

- *Mayo
- *Carrots W/Ranch
- *Apple Slices
- *Low Fat Milk

*Corn Dog Nuggets

11

- *Ketchup & Mustard
- *Baked Beans
- *Dragon Juice *Snickerdoodle
- *Low Fat Milk

*Pork Chop Pattie

12

- *Mashed Potatoes
- *Pears
- *W/G Roll W/Butter
- *Low Fat Milk

*Cheese & Sausage

13

- Pizza
- *Romaine Lettuce W/Ranch
- *Peaches
- *Low Fat Milk

*Meatball Sub

16

- *Mozzarella Cheese
- *Carrots W/Ranch
- *Applesauce Cup
- *Low Fat Milk

*Hot Ham & Cheese

17

- W/G Bun
- *Corn
- *Fruit Slushy
- *M & M Cookie *Low Fat Milk

*Tator Tot Casserole

18

- *Green Beans
- *Fruit Mix
- *W/G Garlic Bread
- *Low Fat Milk

*Chicken & Noodles

19

- *Romaine Lettuce W/Ranch
- *Pears
- *W/G Roll W/Butter
- *Low Fat Milk

*Chicken Tenders W/Ranch

20

- *Baked Beans
- *Madeiran Oranges
- *Low Fat Milk

*Taco Pizza

23

- *Romaine Lettuce W/Ranch
- *Dragon Juice *Fruit mix
- *Low Fat Milk

*Hot Dog W/G Bun

24

- *Ketchup & Mustard
- *Corn
- *Apple slices
- *Low Fat Milk

*****1/2 Day*****

25

STAFF IN-SERVICE
BREAKFAST WILL BE SERVED

*Cheese burger Meatloaf

26

- *Loaded Mashed Potatoes
- *Pears
- *W/G Roll W/Butter
- *Low Fat Milk

*Mac & Cheese

27

- *Green Beans
- *Orange Juice
- *W/G Garlic bread
- *Low Fat Milk

*Chicken Quesadilla

30

- *Baked Beans
- *Fruit Mix
- *Oatmeal Cookie
- *Low Fat Milk



SOMETIMES WE HAVE TO SUBSTITUTE OR MENU. WE ALWAYS GUARANTEE A COMPLETE NUTRITIOUS MEAL AT ALL TIMES THANK YOU FOR UNDERSTANDING.

