

Hoffman School 2022-23 Menu Cycle Lunch Price \$ 3.10

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Chicago Style Eisenberg All Beef, All Natural Hot Dog on a WG Bun OR Veggie Dog* on a Bun Oven Fries Fresh Whole Apple	Mega Minis Chicken Bites with Dipping Sauce OR Plant Based Chicken Nuggets* WG Bread/Roll Fresh Baby Carrots Fresh Whole Apple	WG RF Deep Dish Cheese Pizza* Romaine Tossed Salad Fresh Grapes	RF Beef Taco Nachos w/ WG Tortilla Chips OR Bean and Cheese Burrito* Refried Beans Orange Smiles	<u>Special To Be Announced</u> OR Hummus and Pita Meal Box* Fresh Broccoli Buds Fresh Apple Slices
B	RF All Beef, All Natural Hamburger/Cheeseburger on a WG Bun OR Black Bean Burger* on a WG Bun Oven Fries Applesauce Cup	Chicken Tenders with Dipping Sauce OR Plant Based Chicken Nuggets* WG Bread/Roll Fresh Baby Carrots Diced Pear Cup	WG RF French Bread Cheese Pizza* Steamed Broccoli Fresh Apple Slices	RF WG Wild Mikes Cheesy Bites* with Marinara Sauce Tossed Romaine Salad Fresh Banana	<u>Specials To Be Announced</u> OR Hummus and Pita Meal Box* Red Pepper and Celery sticks with Ranch Dip Fresh grapes
C	Breakfast For Lunch Pancakes and Sausage^, and Syrup OR Pancakes with Plant Based Sausage* and Syrup Hash Browned Potato 100% Juice	Chicken Tater Bowl (Mashed Potatoes, Corn, Popcorn Chicken with gravy and shredded cheddar cheese) OR Plant Based Chicken Tater Bowl* WG Bread Roll Applesauce Cup	WG RF Wild Mike's Ultimate Pizza Slice* Steamed Green Beans Fresh Grapes	WG Pasta w/ Italian RF Meat Sauce OR Red Lentil Penne Pasta with Vegetable Marinara Sauce* Garlic Bread Tossed Romaine Salad Fresh Orange	<u>Specials To Be Announced</u> OR Hummus and Pita Meal Box* Fresh Cucumber Coins with Grape Tomatoes Fresh Cubed Melon

To see which weeks “A,” “B,” or “C” foods are served; please refer to the “Cycle Calendar”.

RF— Reduced Fat Item WG—Whole Grain Item ^ Chicken Product * Halal and Kosher permissible, Vegetarian

Milk and a variety of fresh fruits and vegetables served daily with all meals

Cold Meal Items Served Daily

PBJ Uncrustable Sandwich

Turkey and Cheese Sandwich

Yogurt/ Cheese Stick and Muffin Lunch

**HEALTHY FOODS and
GOOD NUTRITION**

are always on our menu!

We serve freshly prepared foods and ...

- ❖ RF (reduced-fat) baked entrées
- ❖ zero trans fat products
- ❖ low-fat cheese pizzas with WG (whole grain) crusts
- ❖ WG (whole grain) pasta, breads, rolls and buns
- ❖ whole white meat chicken products
- ❖ a variety of fresh fruits and vegetables with all meals