

# September 2022 Minooka K-4 Lunch Menu

**Student Meal \$3.00**  
Includes: Entrée, Fruit,  
Vegetable, & Milk

White Milk 11G \$0.40  
Chocolate Milk 20G \$0.40  
Lactose Free Milk 13G \$0.90

**\*\*\*MENU  
SUBJECT TO  
CHANGE\*\*\***

Questions contact the Food  
Service Director  
Cindy Day at:  
630-747-1427

Nutritional information is  
provided as a courtesy,  
Quest nor Minooka School  
District 201 can guarantee  
its accuracy.

In accordance with Federal  
law and the US Department  
of Agriculture policy, this  
institution is prohibited  
from discrimination on the  
basis of race, color, national  
origin, sex age, or disability.

			1 Baked Chicken Drumstick 6G Mashed Potatoes & Gravy 23G Fruit & Vegetable Bar Milk	2 Cinnamon Toast Crunch 44G Cheese Stick 1G Yogurt Cup 15G Fruit & Vegetable Bar Milk
5  No School Labor Day	6  Stuffed Crust Cheese Pizza 35G Fruit & Vegetable Bar Milk  Blueberry Vanilla Cookies 20G	7  BBQ Rib Sandwich Served on a Whole Grain Bun 49G Baked Beans 30G Fruit & Vegetable Bar Milk	8  Grilled Cheese Served on Whole Grain Bread 29G Baked Chips 24G Fruit & Vegetable Bar Milk	9  Bosco Sticks 34G Marinara Cup 7G Fruit & Vegetable Bar Milk
12  Popcorn Chicken 17G Tater Tots 24G Fruit & Vegetable Bar Milk	13  Macaroni & Cheese 29G Dinner Roll 13G Fruit & Vegetable Bar Milk  Fruit Snacks 21G	14  Chicken & Waffles w/ Syrup 78G Fruit & Vegetable Bar Milk	15  Chicken Tacos On Ultra Grain Tortillas 29G Shredded Cheddar 1G Salsa 4G Fiesta Beans 33G Fruit & Vegetable Bar Milk	16  Warm Pepperoni Pizza Wrap 43G Baked Doritos 20G Fruit & Vegetable Bar Milk
19  All Beef Hamburger on Whole Wheat Bun 26G Tater Tots 24G Fruit & Vegetable Bar Milk	20  Mini Corn Dogs 20G Baked Beans 30G Fruit & Vegetable Bar Milk	21 <b>NEW</b>  Homemade Cheese Pizza served on Mini Bagels 66G Fruit & Vegetable Bar Milk  Fruit Slushy 22G	22  Diced BBQ Chicken Sandwich on Whole Wheat Bun 57G Baked Chips 19G Fruit & Vegetable Bar Milk  Chocolate Chip Cookie 18G	23  Crispy Chicken Tender Wrap on Whole Grain Wrap 46G Fruit & Vegetable Bar Milk
26  Beef Hot Dog Served on a Whole Grain Bun 27G Curly Fries 20G Fruit & Vegetable Bar Milk	27  Baked Chicken Patty Sandwich on Whole Grain Bun 43G Baked Beans 30G Fruit & Vegetable Bar Milk  Cinnamon Teddy Grahams 16G	28  Turkey & Cheese Wrap On a Whole Grain Wrap 35G Baked Cheetos 16G Fruit & Vegetable Bar Milk	29  French Toast Sticks 26G Syrup Cup 26G Turkey Sausage Links 1G Mini Hash Browns 21G Fruit & Vegetable Bar Milk	30  Bowtie Pasta w/ Beef Meatballs 50G Garlic Breadstick 24G Fruit & Vegetable Bar Milk

# September 2022 Minooka Intermediate/Junior High Lunch Menu

**Student Meal \$3.00**  
Includes: Entrée, Fruit,  
Vegetable, & Milk

White Milk 11G \$0.40  
Chocolate Milk 20G \$0.40  
Lactose Free Milk 13G \$0.90

**\*\*\*MENU  
SUBJECT TO  
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			1 Vegetarian Chopped Salad ( Shredded Cheese, Tomatoes, Cucumbers & Pasta) 53G Fruit & Vegetable Bar Milk	2 Cinnamon Toast Crunch 44G Cheese Stick 1G Yogurt Cup 15G Fruit & Vegetable Bar Milk
5  No School Labor Day	6  Stuffed Crust Cheese Pizza 35G Fruit & Vegetable Bar Milk  Blueberry Vanilla Cookies 20G	7  BBQ Rib Sandwich Served on a Whole Grain Bun 49G Baked Beans 30G Fruit & Vegetable Bar Milk	8  Grilled Cheese Served on Whole Grain Bread 29G Baked Chips 24G Fruit & Vegetable Bar Milk	9  Bosco Sticks 34G Marinara Cup 7G Fruit & Vegetable Bar Milk
12  Popcorn Chicken 17G  Tater Tots 24G Fruit & Vegetable Bar Milk	13  Macaroni & Cheese 29G  Dinner Roll 13G Fruit & Vegetable Bar Milk  Fruit Snacks 21G	14  Chicken & Waffles w/ Syrup 78G Fruit & Vegetable Bar Milk	15  Chicken Tacos On Ultra Grain Tortillas 29G  Shredded Cheddar 1G Salsa 4G  Fiesta Beans 33G Fruit & Vegetable Bar Milk	16  Warm Pepperoni Pizza Wrap 43G Baked Doritos 20G Fruit & Vegetable Bar Milk
19  All Beef Hamburger on Whole Wheat Bun 26G  Tater Tots 24G Fruit & Vegetable Bar Milk	20  Mini Corn Dogs 20G Baked Beans 30G Fruit & Vegetable Bar Milk	21 <b>NEW</b>  Homemade Cheese Pizza Bagel 50G Fruit & Vegetable Bar Milk  Fruit Slushy 22G (Mini Bagels) 66G	22  Diced BBQ Chicken Sandwich on Whole Wheat Bun 57G  Baked Chips 19G Fruit & Vegetable Bar Milk  Chocolate Chip Cookie 18G	23  Chicken Caesar Salad w/ Romaine 16G  Bread Stick 27G Fruit & Vegetable Bar Milk
26  Beef Hot Dog Served on a Whole Grain Bun 27G Curly Fries 20G Fruit & Vegetable Bar Milk	27  Baked Chicken Patty Sandwich on Whole Grain Bun 43G Baked Beans 30G Fruit & Vegetable Bar Milk  Cinnamon Teddy Grahams 16G	28  Turkey & Cheese Wrap On a Whole Grain Wrap 35G Baked Cheetos 16G Fruit & Vegetable Bar Milk	29  French Toast Sticks 26G Syrup Cup 26G Turkey Sausage Links 1G Mini Hash Browns 21G Fruit & Vegetable Bar Milk	30  Bowtie Pasta w/ Beef Meatballs 50G Garlic Breadstick 24G Fruit & Vegetable Bar Milk