

## Henking School 2022-23 Menu Cycle Lunch Price \$ 3.00

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

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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    \* Morning Star Farms 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 (2.6oz served with cheese stick & grain)

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