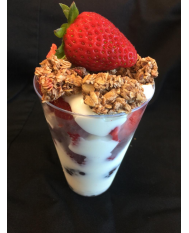




KANKAKEE VALLEY HIGH SCHOOL GRAB N' GO LUNCH MENU

- WHOLE GRAIN FLATBREAD OR SUB SANDWICH WITH CHOICE OF HAM OR SHAVED TURKEY WITH CHEESE
Served with romaine lettuce, and tomatoes

- UNCRUSTABLE SANDWICH (Strawberry or Grape)
Served with a cheese stick or cubes



- CHEF SALAD

Served with chicken, cheese, croutons, and homemade roll

- SOUTHWEST SALAD

Served with chicken, corn, black beans, shredded cheese, tomatoes, Southwest dressing, and homemade roll

- BUFFALO CHICKEN WRAP or RANCH CHICKEN WRAP
Served on a whole wheat tortilla with lettuce and cheese

- BISTRO BOX

(1st & 3rd Week of the Month)

Pretzels, cheese cubes, raisins, hard boiled egg, and Guacamole

- YOGURT FRUIT PARFAIT

(2nd & 3rd Week of the Month)

Low-fat yogurt topped with granola and Fruit

ALL MEALS COME WITH CHOICE OF:

Whole Grain Chips

Fresh Vegetables

Fresh Fruit or Juice

Chocolate Chip Cookie (Every other Thursday)

Milk (1 % Chocolate or White)

*Students may choose two fruits and two vegetables with each meal.**

Menus are Subject to Change

"This institution is an equal opportunity provider"