

2023 Staff



- ✓ Cage-Free, Hormone-Free, Steroid-Free, Grain-Fed Chicken
- ✓ Only Hormone-Free Milk: Fat Free or 1%
- ✓ Whole Grain Rich products everyday
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

Make Choices for a Healthy Lifestyle!

Questions about the menu?
Tina Mehta, tmehta@lhs210.net
Director of Cafeteria Services
630-243-3212

Menu changes may be necessary.
Notice will be given when possible.

Lunch \$4.75

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office

- *Contains PORK
- Meatless Option Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Indian Chic & Rice Bowl Naan (Bread) Samosa Fresh Fruit & Veggies Milk/100% Juice	2 Chic Parmesan *Pasta /Marinara Garlic Bread Hot Veg Fresh Fruit & Veggies Milk/100% Juice	3 Burger Bar Beef OR *Veg Bacon Baked Fries Fresh Fruit & Veggies Milk/100% Juice
6 *Breakfast for Lunch Sausage/ Bacon Tater Tots Fresh Fruit & Veggies Milk/100% Juice	7 SCHOOL IMPROVEMENT DAY NO LUNCH	8 Roast Turkey Mashed Potatoes Gr.Beans + Roll Holiday Cookie Fresh Fruit & Veggies Milk/100% Juice	9 Greek Chic Couscous+ Pita Chickpea Salad Feta & Tzatziki Fresh Fruit & Veggies Milk/100% Juice	10 Nashville Chic Sandwich Coleslaw & Fries Fresh Fruit & Veggies Milk/100% Juice
13 *Tacos/Salad Meat/Chicken Corn & Churro Fresh Fruit & Veggies Milk/100% Juice	14 Tuna Salad Wrap Bag of Chips Rice Krispie Trt Fresh Fruit & Veggies Milk/100% Juice	15 *French Bread Pizza Caesar Salad Small Soup Fresh Fruit & Veggies Milk/100% Juice	16 Baked Chicken Bolognese Hot Veg Garlic Bread Fresh Fruit & Veggies Milk/100% Juice	17 Gyros on Pita Baked Fries Tzatziki Tomato & Onion Fresh Fruit & Veggies Milk/100% Juice
20 THANKSGIVING BREAK	21 THANKSGIVING BREAK	22 THANKSGIVING BREAK	23 THANKSGIVING BREAK	24 THANKSGIVING BREAK
27 Chili Cheese Hotdog Baked Fries Fresh Fruit & Veggies Milk/100% Juice	28 Chic Tenders(4) & Mashed Potato Corn & Roll Fresh Fruit & Veggies Milk/100% Juice	29 Entree Chic Caesar Salad Breadstick & Small Soup Fresh Fruit & Veggies Milk/100% Juice	30 *Pasta w/Marinara & Meatballs G. Bread+ Veg Fresh Fruit & Veggies Milk/100% Juice	

