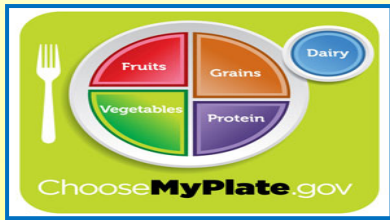


AUGUST 2024 Student Menu



- ✓ 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@lms210.net
Director of Cafeteria Services
630-243-3212

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

"Complete Meal" includes
1 Entrée, 2 sides Fruit and/or
Vegetable + 1 Milk,

Lunch \$3.50
Reduced \$0.40

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

* Contains Pork

	Monday	Tuesday	Wednesday	Thursday	Friday	
DAILY	Hamburger/Chs Burger Chic Sandwiches Hot Dog Veg Burger Pizza Bar Fresh Salads		Made to Order Deli Bar FRESH TO GO Sandwich/Wraps 100%Fruit Juice		1	2
	5	6	7	8	9	
			TEACHER INSTITUTE DAY	TEACHER INSTITUTE DAY	FRESHMAN DAY NO LUNCH	
12	13	14	15	16		
ALL 8 DAY EARLY RELEASE NO LUNCH	7pc Chic Wings BBQ/Bufalo Baked Fries Roll Fruit & Veggie Bar Choice of Milk	Asian Chicken Bowl W/Fried Rice Fortune Cookie Fruit & Veggie Bar Choice of Milk	Pasta w/ Meatballs Breadstick Hot Vegetable Fruit & Veggie Bar Choice of Milk	Chicago Style Beef Hot Dog Baked Fries Fruit & Veggie Bar Choice of Milk		
19	20	21	22	23		
French Bread Pizza Soup & Salad Fruit & Veggie Bar Choice of Milk	Mac & Cheese Bowl Buff Chic OR Bacon Green Beans Fruit & Veggie Bar Choice of Milk	Cheesy Nachos Meat OR Chicken Rice & Corn Churro Fruit & Veggie Bar Choice of Milk	Chicken Parmesan Pasta w/ Marinara Breadstick Hot Veg Fruit & Veggie Bar Choice of Milk	Nashville Chicken S/wich Baked Fries Coleslaw & Pickles Fruit & Veggie Bar Choice of Milk		
26	27	28	29	30		
Meatball Sub S/wich Baked Fries Fruit & Veggie Bar Choice of Milk	Popcorn Chic w/ Dinner Roll Mashed Potato Corn Fruit & Veggie Bar Choice of Milk	Yogurt Parfait Waffles & Sausage Tater Tots Fruit & Veggie Bar Choice of Milk	Pasta w/ Chic Alfredo Breadstick Hot Vegetable Fruit & Veggie Bar Choice of Milk	EARLY RELEASE NO LUNCH		

