

HENKING, LYON, WESTBROOK

SEPTEMBER LUNCH MENU



All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)

Complete Lunch \$3.35
Milk Only \$0.60

MON

2

No School

TUE

3

Orange Chicken & Rice or
Orange Vegan Chicken & Rice
with Fortune Cookie

Garlic Broccoli
Fresh Plum

WED

4

Cheese Pizza Slice

Watermelon
Sweet Corn

THU

5

Beef Nachos or
Bean & Cheese Nachos

Refried Beans
Banana

FRI

6

All Beef Hot Dog or
Bean & Cheese Burrito

Sweet Potato Fries
Apple Slices

9
Cheese Quesadilla with Salsa

Tomato Soup
Grapes

10
Mini Chicken Bites or
Vegan Nuggets

with Fresh Baked Cornbread

Pineapple Cup
Baby Carrots

11
Bosco Sticks with Marinara Sauce

Caesar Salad
Roasted Chickpeas
Cantaloupe

12
Mini Turkey Corn Dogs or
Plant Based Chicken Sticks

Strawberries
Cucumber Slices

13
Cheeseburger (cheese optional) or
Black Bean Burger

Baked French Fries
Local IL Grown Apple

16
Mini Pancakes with Turkey Sausage or
Mini Pancakes with Veggie Sausage

Hash Brown
Apple Slices

17
Popcorn Chicken or
Vegan Chicken Nuggets with Goldfish Crackers

Roasted Cauliflower
Fresh Plum

18
Cheese Pizza Slice

Sweet Corn
Honeydew

19
Beef Nachos or
Bean & Cheese Nachos

Refried Beans
Applesauce Cup

20
Mac & Cheese with Fresh Baked Cornbread

Steamed Broccoli
Grapes

23
French Toast with Turkey Sausage or
French Toast with Veggie Sausage

Breakfast potatoes
100% Juice Cup

24
Chicken Tenders or
Vegan Nuggets with Soft Pretzel

Sautéed Green Beans
Apple Slices

25
Bosco Sticks with Marinara Sauce

Cucumber & Red Pepper Slices
Banana

26
Pasta & Meatsauce or
Pasta with Marinara & Mozzarella Cheese with Garlic Bread

Tossed Salad
Strawberries

27
No School

30
Mini Waffles with Chicken Sausage or
Mini Waffles with Chicken Sausage

Hash Brown
Grapes

View the menu in real time



www.GetChoosi.com

Joke of the Month
How much does a pirate pay for corn?

Answer:
A buccaneer



DAILY COLD LUNCH OPTIONS

YOGURT PACK WITH GRANOLA, CHEESE, & CRACKERS
PB&J UNCRUSTABLE

OFFERED ON FRIDAYS: BYO PIZZA KIT WITH FLATBREAD, MARINARA, & CHEESE

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider