



March 2025

Palos School District 118 Middle School Lunch Menu

MON	TUES	WED	THURS	FRI
<p>3</p> <p>No School</p>  <p>CASIMIR PULASKI DAY</p>	<p>4</p> <p>Corn Dog Fresh Apple Yogurt & Cheese Stick Plate</p> <p>Fresh Watermelon Fresh Banana Fresh Baby Carrots Choice of Milk</p>	<p>5</p> <p>Pancake Bites w/ Scrambled Eggs w/ Cheese Italian Salad w/ Dinner Roll</p> <p>Fresh Apple Slices Fresh Orange Fresh Zucchini Choice of Milk</p>	<p>6</p> <p>Chicken Tenders w/ Rice Make-Your-Own Pepperoni & Mozzarella Pizza Bagel</p> <p>Applesauce Fresh Pear Fresh Celery Sticks Choice of Milk</p>	<p>7</p> <p>Four Cheese Pizza Egg Chef Salad w/ Dinner Roll</p> <p>Fresh Strawberry Halves Fruit Punch Juice Spinach Salad Choice of Milk</p>
<p>10</p> <p>Soft Beef Tacos Chicken & Cheese Salad w/ Dinner Roll</p> <p>Fresh Orange Wedges Mixed Fruit Fruit Punch Juice Choice of Milk</p>	<p>11</p> <p>Chicken Alfredo Romaine Salad w/ Cheese & Dinner Roll</p> <p>Fresh Cantaloupe Fresh Banana Waffle Fries Choice of Milk</p>	<p>12</p> <p>Golden Crispy Bonus Chicken Wings Pretzel, Yogurt & Cheese Pack</p> <p>Fresh Apple Slices Fresh Banana Fresh Celery Sticks Choice of Milk</p>	<p>13</p> <p>Waffles w/ Chicken Sausage Chicken Ham & Cheese Sandwich</p> <p>Applesauce Orange Juice Red Peppers Fresh Choice of Milk</p>	<p>14</p> <p>Four Cheese Pizza Vegetable Baja Salad w/ Dinner Roll</p> <p>Fresh Honeydew Melon Fruit Punch Juice Spinach Salad Choice of Milk</p>
<p>17</p> <p>Breaded Fish Bites w/ Cheez-It Crackers Turkey & Cheese Sub</p> <p>Fresh Orange Wedges French Fries Fruit Punch Juice Choice of Milk</p>	<p>18</p> <p>Hot Dog on a Bun Pretzel, Yogurt & Cheese Pack</p> <p>Fresh Watermelon Cubes Fresh Banana Fresh Baby Carrots Choice of Milk</p>	<p>19</p> <p>Nacho Cheese Walking Taco Vegetable Baja Salad w/ Dinner Roll</p> <p>Fresh Apple Slices Fresh Orange Fresh Zucchini Choice of Milk</p>	<p>20</p> <p>Bacon Cheeseburger Make-Your-Own Pepperoni & Mozzarella Pizza Bagel</p> <p>Applesauce Fresh Pear Half Rainbow Blend Vegetables Choice of Milk</p>	<p>21</p> <p>Four Cheese Pizza Cookie Hummus, Yogurt & Giant Goldfish Crackers</p> <p>Fresh Apple Fruit Punch Juice Spinach Salad Choice of Milk</p>
				
<p>During your spring break, remember to:</p> <ul style="list-style-type: none"> • Eat healthy • Stay active • Sleep well • Drink plenty of water 				

Menus are subject to change.

Mondays & Fridays
Cheese Pizza (V)
Cheeseburger
Chicken Patty
Sun Butter Jelly
Sandwich (V)

Daily Serve Tuesdays & Thursdays
Cheese Pizza (V)
Hamburger
Spicy Chicken Patty
Sun Butter Jelly
Sandwich (V)

Daily Serve Wednesdays
Cheese Pizza (V)
Chicken Nuggets
Sun Butter Jelly
Sandwich (V)

Every Meal Comes Complete With Fruit, Veggies, & Grain & Choice of Milk. Fruit, Veggies & Grain May Include: Whole Grain Graham Cracker, Whole Grain Biscuit, Carrots, Cucumber, Tomatoes, Celery, Hummus, Fresh Fruit, Fruit Cups, Raisins, 100% Fruit Juice and more!

Powering potential.™

