



OCTOBER 2026

Prairie-Hills School District #144 - Jr. High – O / S



Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Chicken
Red Beans & Rice
CornBread Muffin
Toss Salad
Fruit / Milk Choice

5

Chili w/ meat sauce
Kidney Beans / Crackers
Garden Salad
Deli Sandwich
Fruit / Milk Choice

6

Mac & Cheese
Turkey / Ham Slice
Corn on Cob
Toss Salad
Fruit / Milk Choice

7

Penne Pasta Noodles
w/beef Meat sauce
Green Peas / Dinner Roll
Fresh Fruit / Deli Sandwich
Milk Choice

1

Cheese Pizza
Tater Tots
Cream Corn
Fruit / Toss Salad
Milk Choice

2

Corn Dog
Baked Beans
Corn / Toss Salad
Fruit
Milk Choice

9

No School

12

Hot Dog / Bun
Oven Wedge Fries
Dell Pickle Slice
Deli Sandwich / Fruit
Milk Choice

13

Grilled Cheese Sandwich
Tomato Soup
Mixed Veggie
Toss Salad / Fruit
Milk Choice

14

Spaghetti w/ Meatball sauce
Peas & Carrots
Garlic Bread
Deli Sandwich / Fruit
Milk Choice

15

Pan Pizza
Oven Curly Fries
Toss Salad / Green Beans
Fruit
Milk Choice

16

Chicken Quesadilla
Brown rice / Dinner Roll
Carrots / Toss Salad
Fruit
Milk Choice

19

Sloppy Joe / Bun
Oven Fries
Corn on Cob
Deli Sandwich / Fruit
Milk Choice

20

Chicken Legs
Pasta / Gravy
Black Beans
Toss Salad
Fruit / Milk Choice

21

Chicken Egg Roll
Asia rice
Stir Fry Vegetable
Fresh Fruit / Fortune Cookie
Deli sandwich / Milk Choice

22

No Lunch Meal

23

Beef Burrito w/ Chili
Mexican Corn
Sour Cream
Toss Salad / Fruit
Milk Choice

26

Cheeseburger / Bun
Season Fries
Deli Sandwich / Toss Salad
Fruit
Milk Choice

27

Nacho Chips w/ meat
Bag of Chips
Cucumber Slices
Toss Salad / Fruit
Milk Choice

28

Dice Chicken
Pasta / Alfredo sauce
Broccoli / Dinner Roll
Deli Sandwich
Fruit / Milk Choice

29

Happy Halloween

Pizza Slice
Tater Tots / Toss Salad
Carrots Sticks w/ranch
Fruit / Milk Choice

30

Milk Choices are Whole White, 1% low-fat White, and 1% low-fat Chocolate
Menu items are subject to change due to the availability of food items from vendors.

Mr. Thomas Collins / Food Service Manager (708) 877-3009

Ms. Carmen Smith-Cusic / District Chef (708) 877-3019