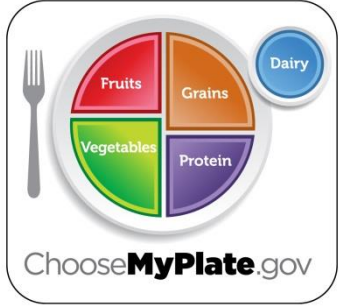




September 2017 Illini West High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 <p style="text-align: center;">ChooseMyPlate.gov</p>	<p>Milk Choices include: 1% white, skim white & skim chocolate</p> <p>Menus are subject to change without notice due to inclement weather and/or food supply</p> <p>* Applies only to the grades indicated</p>			<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Pancakes Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Macaroni & Cheese Meatballs Baked Beans Apple Slices Milk Choice</p>
4	5	6	7	8
<p><u>NO SCHOOL</u></p> <p><u>LABOR DAY</u></p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Oatmeal Breakfast Round Yogurt Cup Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Hot Ham & Cheese on Pretzel Bun Lettuce & Tomato Slice Carrot Sticks Apple Slices Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">WW Bagel w/ Toppings Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Salisbury Steak Whipped Potatoes Green Beans WG Dinner Roll Fresh Grapes Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">WG Blueberry Muffin Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Rotini Pasta with Chicken WG Breadstick Cherry Tomatoes Applesauce Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Breakfast Pizza Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Bosco Sticks w/ Marinara Garden Salad Fresh Banana Milk Choice</p>

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September 2017 - Illini West High School

11	12	13	14	15
<p style="text-align: center;"><u>Breakfast</u> WG Cereal String Cheese Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Sloppy Joe on Bun Oven Fries Broccoli w/ Cheese Diced Peaches Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Pancake on a Stick Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Fish Sticks Mac n Cheese Seasoned Corn Fresh Strawberries Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Biscuit & Gravy Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Cheese Pizza Garden Salad Fresh Oranges Whole Grain Cookie Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Sausage Breakfast Sandwich Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Toasted Cheese Sandwich Creamy Tomato Soup Green Peas Diced Pears Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> WG Muffin Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Chicken Patty on Bun Fresh Baby Carrots w/ Ranch Green Leafy Lettuce Apple Slices Milk Choice</p>
18	19	20	21	22
<p style="text-align: center;"><u>Breakfast</u> Mini Waffles with Syrup Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Pig in a Blanket Roasted Red Potatoes Broccoli w/ Cheese Fresh Grapes Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Mini Pancakes Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Chicken Crispito w/ salsa Spanish Brown Rice Veggie Dippers Tropical Fruit *Oatmeal Cookie (9-12 only) Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Whole Wheat Bagel w/ toppings Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Orange Wedges Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Breakfast Pita w/ Tomato Salsa Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Taco Salad & Tortilla Chips Red Bell Pepper Strips Refried Beans Romaine Lettuce Diced Peaches Milk Choice</p>	<p style="font-size: 24pt; color: red; text-decoration: underline;">NO SCHOOL</p>
25	26	27	28	29
<p style="text-align: center;"><u>Breakfast</u> WG Cereal & Yogurt Cup Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> BBQ Pulled Pork on Bun Ranch Potato Wedges Cherry Tomatoes Fresh Grapes Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Biscuit & Gravy Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Popcorn Chicken *Whole Wheat Roll (5-12 only) Baked Beans Creamy Coleslaw Apricot Halves Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Scrumptious Coffeecake Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Fresh Baked Lasagna WG Breadsticks Garden Salad Chilled Peaches Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Omelet Quesadilla w/ salsa Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Cheese Pizza Broccoli Florets Fresh Baby Carrots Diced Pears Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> French Toast Sticks w/ Syrup Fresh Fruit Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Biscuits & Gravy *Sausage Patty (5-12 only) Hash Brown Patty Fresh Banana Milk Choice</p>