

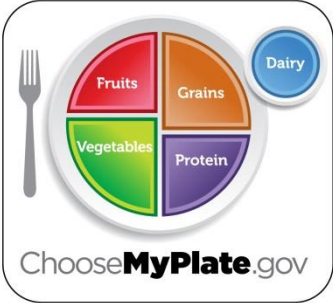


January 2018 Illini West High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<u>NO</u> <u>SCHOOL</u>	<u>NO</u> <u>SCHOOL</u>	<p style="text-align: center;"><u>Breakfast</u> WG Bagel w/ toppings 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 with Ranch Fruit *Oatmeal Cookie (9-12 only) 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 Refried Beans Red Bell Pepper Strips w/ Ranch Romaine Lettuce Fruit *Cinnamon Puffs (5-12 only) Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> WG Cinnamon Roll Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Chicken & Noodles Mashed Potatoes Fresh Baby Carrots Fruit Milk Choice</p>
8	9	10	11	12
<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 Fruit 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 Fruit 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 Breadstick Garden Salad Fruit 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 Fruit 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 Fruit Milk Choice</p>

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January 2018 - Illini West High School

15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
<p style="font-size: 2em; color: red; margin: 0;"><u>NO</u></p> <p style="font-size: 3em; color: red; margin: 0;"><u>SCHOOL</u></p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Mini Waffles w/ Syrup Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Cheese Pizza Tossed Salad Carrot Sticks Fruit 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;">Mini Corn Dogs Tator Tots Green Beans Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Egg Taco w/ Tomato Salsa Graham Snacks Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Chicken Quesadilla *Tortilla Chips (9-12) Refried Beans Salsa Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">WG Muffin Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Baked Penne Pasta WG Breadstick Seasoned Corn Green Bell Pepper Strips/Ranch Fruit Milk Choice</p>
22	23	24	25	26
<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">WG Cereal Sausage Patty Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Hamburger on Bun Lettuce & Tomato Slice Oven Fries Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Biscuit & Gravy Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Walking Taco Red Bell Pepper Strips w/ Ranch Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Kansas Granola Bar Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Pepperoni Pizza Garden Salad Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Chicken Biscuit Breakfast Sandwich Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Chicken Nuggets *WG Roll (5-12) Mashed Potatoes & Gravy Cooked Carrots Fruit Milk Choice</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 Fruit Milk Choice</p>
29	30	31		
<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">French Toast Sticks w/ Syrup Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Ham & Cheese Sub Lettuce & Tomato Slice Carrot Sticks Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Oatmeal Breakfast Round Yogurt Cup Fruit Fresh Fruit / Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Crispy Nachos with Ground Beef Seasoned Corn Refried Beans Fruit 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 Fruit Milk Choice</p>	 <p style="text-align: center;">Choose MyPlate.gov</p>	<p style="text-align: center;">Milk Choices include: 1% white, skim white & skim chocolate</p> <p style="text-align: center;">Menus are subject to change without notice due to inclement weather and/or food supply</p> <p style="text-align: center;">* Applies only to the grades indicated</p>