

December 2018 Illini West High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7
<u>Breakfast</u>	Breakfast	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
WG Cereal	Pancake on a Stick	Biscuit & Gravy	Sausage Breakfast Sandwich	WG Muffin
String Cheese	Fresh Fruit/Fruit Juice Choice			
Fresh Fruit/Fruit Juice Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
Milk Choice				
<u>Lunch</u>	Lunch	Lunch	Lunch	Lunch
Goulash	Sloppy Joe on Bun	Cheese Pizza	Toasted Cheese Sandwich	Chicken Patty on Bun
WG Breadstick	Oven Fries	Garden Salad	Tomato Soup	Cooked Carrots
Sweet Peas	Broccoli with Cheese	Fruit	Seasoned Corn	Green Leafy Lettuce
Fruit	Fruit	Milk Choice	Fruit	Fruit
Milk Choice	Milk Choice		Milk Choice	Milk Choice
)	11	12	13	14
<u>Breakfast</u>	Breakfast	Breakfast	<u>Breakfast</u>	Breakfast
Mini Waffles with Syrup	Mini Pancakes	Whole Wheat Bagel w/ toppings	WG Cinnamon Roll	Scrambled Eggs & Toast
Fresh Fruit/Fruit Juice Choice	Fresh Fruit/Fruit Juice Choic			
Milk Choice				

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17	18	19	20	21
<u>Breakfast</u> Scrumptious Coffeecake Fresh Fruit/Fruit Juice Choice Milk Choice <u>Lunch</u> BBQ Pulled Pork on Bun Baked Beans Creamy Coleslaw Fruit Milk Choice	Breakfast Biscuit & Gravy Fresh Fruit/Fruit Juice Choice Milk Choice Popcorn Chicken *Whole Wheat Roll (5-12 only) Ranch Potato Wedges Cherry Tomatoes Fruit Milk Choice	<u>Breakfast</u> WG Cereal & Yogurt Cup Fresh Fruit/Fruit Juice Choice Milk Choice <u>Christmas Lunch</u> Turkey & Stuffing Mashed Potatoes & Gravy Seasoned Corn Applesauce Pumpkin Bars Milk Choice	<u>Breakfast</u> Omelet Quesadilla w/salsa Fresh Fruit/Fruit Juice Choice Milk Choice <u>Lunch</u> Stuffed Crust Pepperoni Pizza Broccoli Florets Fresh Baby Carrots Fruit Milk Choice	<u>NO SCHOOL</u>
24	25	26	27	28
<u>NO SCHOOL</u>	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>
31				
<u>NO SCHOOL</u>			Milk Choices include: 1% white, skim white & skim chocolate Menus are subject to change without notice due to inclement weather and/or food supply * Applies only to the grades indicated	Pruits Parry Vegetable Protein Choose My Plate.gov