December 2019 Illini West High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<u>Breakfast</u>	<u>Breakfast</u>	<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	Fresh Fruit/Fruit Juice Choice	Fresh Fruit/Fruit Juice Choice
Fresh Fruit/Fruit Juice Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
Milk Choice				
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
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	WG M&M Cookie
				Milk Choice
9	10	11	12	13
9 <u>Breakfast</u>	10 Breakfast	11 Breakfast	12 Breakfast	13 Breakfast
<u>Breakfast</u> Mini Waffles with Syrup	<u>Breakfast</u> Mini Pancakes	Breakfast Whole Wheat Bagel w/ toppings	<u>Breakfast</u> WG Cinnamon Roll	<u>Breakfast</u> Scrambled Eggs & Toast
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice	<u>Breakfast</u>	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice	<u>Breakfast</u>	<u>Breakfast</u> Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice
<u>Breakfast</u> Mini Waffles with Syrup	<u>Breakfast</u> Mini Pancakes	Breakfast Whole Wheat Bagel w/ toppings	<u>Breakfast</u> WG Cinnamon Roll	<u>Breakfast</u> Scrambled Eggs & Toast
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice	<u>Breakfast</u> Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice	<u>Breakfast</u> Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice Lunch	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice Lunch	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice	<u>Breakfast</u> Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice Milk Choice
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice Lunch	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice Lunch	Breakfast Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice Milk Choice
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Hot Dog on Bun	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chili with WG Cornbread	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Bosco Sticks w/ Marinara	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Taco Salad & Tortilla Chips	Breakfast Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chicken & Noodles Mashed Potatoes Cooked Carrots
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Hot Dog on Bun Oven Fries	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chili with WG Cornbread WG Crackers	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Bosco Sticks w/ Marinara Garden Salad	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Taco Salad & Tortilla Chips Red Bell Pepper Strips	Breakfast Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chicken & Noodles Mashed Potatoes Cooked Carrots Fruit
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Hot Dog on Bun Oven Fries Green Beans	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chili with WG Cornbread WG Crackers Seasoned Corn	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Bosco Sticks w/ Marinara Garden Salad WG Snickerdoodle Cookie	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Taco Salad & Tortilla Chips Red Bell Pepper Strips Refried Beans Romaine Lettuce Fruit	Breakfast Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chicken & Noodles Mashed Potatoes Cooked Carrots
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Hot Dog on Bun Oven Fries Green Beans Fruit	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chili with WG Cornbread WG Crackers Seasoned Corn Fruit	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Bosco Sticks w/ Marinara Garden Salad WG Snickerdoodle Cookie Fruit	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Taco Salad & Tortilla Chips Red Bell Pepper Strips Refried Beans Romaine Lettuce	Breakfast Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chicken & Noodles Mashed Potatoes Cooked Carrots Fruit
Breakfast Mini Waffles with Syrup Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Hot Dog on Bun Oven Fries Green Beans Fruit	Breakfast Mini Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chili with WG Cornbread WG Crackers Seasoned Corn Fruit	Breakfast Whole Wheat Bagel w/ toppings Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Bosco Sticks w/ Marinara Garden Salad WG Snickerdoodle Cookie Fruit	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Taco Salad & Tortilla Chips Red Bell Pepper Strips Refried Beans Romaine Lettuce Fruit	Breakfast Scrambled Eggs & Toast Fresh Fruit/Fruit Juice Choice Milk Choice Lunch Chicken & Noodles Mashed Potatoes Cooked Carrots Fruit

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December 2019 - Illini West High School Menu

16	17	18	19	20
Breakfast French Toast Sticks w/ Syrup Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Biscuit & Gravy Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast WG Cereal & Yogurt Cup Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Omelet Quesadilla w/salsa Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Scrumptious Coffeecake Fresh Fruit/Fruit Juice Choice Milk Choice
Lunch BBQ Pulled Pork on Bun Baked Beans Creamy Coleslaw Fruit Milk Choice	Lunch Popcorn Chicken *Whole Wheat Roll (5-12 only) Ranch Potato Wedges Cherry Tomatoes Fruit Milk Choice	Christmas Lunch Honey Glazed Ham Mashed Potatoes & Gravy Seasoned Corn Dinner Roll Fruit Strawberry Jell-o Cake Milk Choice	Lunch Stuffed Crust Pepperoni Pizza Broccoli Florets Fresh Baby Carrots Fruit Milk Choice	Lunch Biscuits & Gravy *Sausage Patty (5-12 only) Hash Brown Patty Fruit Milk Choice
23	24	25	26	27
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
NO SCHOOL	NO SCHOOL			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