## August 2019 Illini West High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
Protein Protein Choose My Plate, gov	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	Breakfast Scrumptious Coffeecake Fresh Fruit/Fruit Juice Choice Milk Choice  Lunch Stuffed Crust Pepperoni Pizza Broccoli Florets Carrot Sticks Ranch Dressing Fruit Milk Choice	Breakfast Bacon, Egg & Cheese Biscuit Fresh Fruit/Fruit Juice Choice Milk Choice  Lunch Fresh Baked Lasagna WG Breadstick Garden Salad Fruit Milk Choice	Breakfast French Toast Sticks w/ Syrup Fresh Fruit/Fruit Juice Choice Milk Choice  Lunch Popcorn Chicken Mac N Cheese Cherry Tomatoes Fruit Milk Choice
19	20	21	22	23
Breakfast Mini Waffles w/ Syrup Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Egg & Cheese Breakfast Burrito Graham Snacks Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast WG Muffin Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Breakfast Pizza Fresh Fruit/Fruit Juice Choice Milk Choice
Lunch Hot Ham & Cheese on Bun Lettuce & Tomato Slice Oven Fries Fruit Milk Choice	Lunch Cheese Pizza Tossed Salad Carrot Sticks Fruit Milk Choice	<u>Lunch</u> Mini Corn Dogs Green Beans WG Snickerdoodle Cookie Fruit Milk Choice	Lunch Chicken Quesadilla Wedge Salsa / Sour Cream Seasoned Corn Fruit Milk Choice	Lunch Baked Penne Pasta WG Breadstick Sweet Peas Fruit Milk Choice

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<b>August 2019</b> -	- Illini West High Scho	ool
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26	27	28	29	30
Breakfast Whole Grain Cereal Sausage Patty Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Biscuit & Gravy Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Kansas Granola Bar Fresh Fruit/Fruit Juice Choice Milk Choice	<u>Breakfast</u> Pancakes Fresh Fruit/Fruit Juice Choice Milk Choice	Breakfast Chicken Biscuit Breakfast Sandwich Fresh Fruit/Fruit Juice Choice Milk Choice
Lunch Turkey & Cheese Sub Cherry Tomatoes Green Leafy Lettuce Fruit Milk Choice	Lunch Taco in a Bag Red Bell Pepper Strips w/ Ranch Fruit WG M&M Cookie Milk Choice	<u>Lunch</u> Pepperoni Pizza Garden Salad Fruit Milk Choice	Lunch Chicken Nuggets Mac N Cheese Green Beans Fruit Milk Choice	Lunch Toasted Ravioli / Marinara Sauce Carrot Sticks with Ranch Fruit Milk Choice