March 2017 Illini West High School Menu We encourage all students to come to the cafeteria for breakfast each morning						
Monday	Tuesday	Wednesday	Thursday	Friday		
		1	2	3		
Fruits Crains Vegetables Protein Choose MyPlate.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 Breakfast Pizza Peach Slices Fruit Juice Choice Milk Choice <u>Lunch</u> Mini Corn Dogs Tator Tots Green Beans Fruit Cocktail Milk Choice	Breakfast New! Breakfast Burrito Fresh Bananas Fruit Juice Choice Milk Choice Lunch Chicken Quesadilla *Tortilla Chips (9-12) Refried Beans Salsa Apple Slices Milk Choice	<u>NO</u> SCHOOL		
6	7	8	9	10		
<u>Breakfast</u> WG Cereal Sausage Patty Diced Pears Fruit Juice Choice Milk Choice	<u>Breakfast</u> Biscuit & Gravy Fresh Oranges Fruit Juice Choice Milk Choice	<u>Breakfast</u> Kansas Granola Bar Fresh Apples Fruit Juice Choice Milk Choice	<u>Breakfast</u> Chicken Biscuit Breakfast Sandwich Mixed Fruit Cup Fruit Juice Choice Milk Choice	<u>Breakfast</u> Pancakes Fresh Strawberries Fruit Juice Choice Milk Choice		
<u>Lunch</u> Hamburger on Bun Lettuce & Tomato Slice Oven Fries Strawberries & Bananas Milk Choice	Lunch Walking Taco Green/Red Bell Pepper Strips w/ Ranch Diced Peaches Milk Choice	<u>Lunch</u> Pepperoni Pizza Garden Salad Fresh Grapes Milk Choice	<u>Lunch</u> Chicken Nuggets *WG Roll (5-12) Mashed Potatoes & Gravy Cooked Carrots Sliced Pears Milk Choice	<u>Lunch</u> Macaroni & Cheese Meatballs Baked Beans Pineapple Tidbits Milk Choice		

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March 2017 - Carthage Primary & Middle School Menu						
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday		
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
French Toast Sticks w/ Syrup		WW Bagel w/ Toppings	WG Blueberry Muffin	Breakfast Pizza		
Sliced Peaches	Yogurt Cup	Fresh Oranges	Fresh Apples	Fresh Strawberries		
Fruit Juice Choice	Fruit Juice Choice	Fruit Juice Choice	Fruit Juice Choice	Fruit Juice Choice		
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice		
<u>Lunch</u>	Lunch	Lunch	Lunch	Lunch		
Crispy Nachos with Ground Be	eef Hot Ham & Cheese on Pretzel Bun	Salisbury Steak	Rotini Pasta with Chicken	Bosco Sticks w/ Marinara		
Seasoned Corn	Lettuce & Tomato Slice	Whipped Potatoes	WG Breadstick	Garden Salad		
Refried Beans	Carrot Sticks					
Chilled Canned Pears	Apple Slices	Green Beans	Cherry Tomatoes	Fresh Bananas		
Milk Choice	Milk Choice	WG Dinner Roll	Fresh Grapes	Milk Choice		
		Applesauce Cup	Milk Choice			
		Milk Choice				
20	21	22	23	24		
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
WG Cereal	Pancake on a Stick	Biscuit & Gravy	Sausage Breakfast Sandwich	WG Muffin		
String Cheese	Fruit Cocktail	Apple Slices	Pineapple Chunks	Diced Peaches		
Fruit Juice Choice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice		
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice		
Lunch	Lunch	Lunch	Lunch	Lunch		
Sloppy Joe on Bun	Chili with WG Cornbread	Cheese Pizza	Toasted Cheese Sandwich	Chicken Patty on Bun		
Oven Fries	WG Crackers	Garden Salad	Creamy Tomato Soup	Fresh Baby Carrots w/ Ranch		
Broccoli w/ Cheese	Seasoned Corn	Fresh Oranges	Green Peas	Green Leafy Lettuce		
Apple Slices	Diced Peaches	Milk Choice	Diced Pears	Fresh Strawberries		
Milk Choice	Milk Choice		Milk Choice	Milk Choice		
Wilk Choice	Wink Choice					
~~	28	29	20			
27			30	31		
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
Mini Waffles with Syrup	Mini Pancakes	Whole Wheat Bagel w/ toppings	Breakfast Pita w/ Tomato Salsa	WG Cinnamon Roll		
Pineapple Tidbits	Tropical Fruit	Sliced Peaches	Sliced Pears	Fresh Strawberries		
Fruit Juice Choice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice Choice		
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice		
<u>Lunch</u>	Lunch	Lunch	Lunch	Lunch		
Pig in a Blanket	Chicken Crispito w/ salsa	Spaghetti w/ Meat Sauce	Taco Salad & Tortilla Chips	Chicken & Noodles		
Roasted Red Potatoes	Spanish Brown Rice	Garlic Bread	Red Bell Pepper Strips	Mashed Potatoes		
Broccoli w/ Cheese	Veggie Dippers with Ranch	Garden Salad	Refried Beans	Cooked Carrots		
Fresh Apple Slices	Tropical Fruit	Orange Wedges	Romaine Lettuce	Fresh Grapes		
Milk Choice	*Oatmeal Cookie (9-12 only)	Milk Choice	Applesauce	Milk Choice		
WIIK CHOICE						
	Milk Choice		Milk Choice			