



February 2023 Illini West High School Menu

We encourage all students to come to the cafeteria for breakfast before school starts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<p><u>Breakfast</u> Cereal Scrumptious Coffeecake Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Salisbury Steak Whipped Potatoes & Gravy Green Beans WG Dinner Roll Fruit Milk Choice</p>	<p><u>Breakfast</u> Cereal Yogurt Cup w/ Granola Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Chicken Nuggets Mac N Cheese Seasoned Corn Fruit Milk Choice</p>	<p><u>Breakfast</u> Cereal WG Muffin Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Sausage Pizza Mixed Fresh Veggies/Ranch Fruit Milk Choice</p>
6	7	8	9	10
<p><u>Breakfast</u> Cereal Yogurt Cup Teddy Grahams Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Chili Dog on Bun Baked Chips (variety) Green Beans Fruit Milk Choice</p>	<p><u>Breakfast</u> Cereal WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Goulash WG Breadstick Sweet Peas Fruit Milk Choice</p>	<p><u>Breakfast</u> Cereal WG Bagel w/ Toppings Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Crispy Nachos Refried Beans Seasoned Corn Fruit Milk Choice</p>	<p><u>Breakfast</u> Cereal Egg, Ham & Cheese Quesadilla Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Chicken & Noodles Mashed Potatoes Cooked Carrots Fruit Milk Choice</p>	<p><u>Breakfast</u> Cereal Brown Sugar Cinnamon Pop-Tart Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p><u>Lunch</u> Bosco Sticks Marinara Sauce Mixed Fresh Veggies/Ranch Fruit Milk Choice</p>

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*Menus are subject to change without notice due to inclement weather and/or food supply

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13	14	15	16	17
<p style="text-align: center;"><u>Breakfast</u> Cereal Mini Waffles Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Tenderloin on Bun Baked Beans Creamy Coleslaw Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Nutri-Grain Bar Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Spaghetti with Meat Sauce Seasoned Corn WG Breadstick Fruit WG M&M Cookie Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Scrumptious Coffeecake Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Popcorn Chicken Mac N Cheese Green Beans Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Yogurt Cup w/ Granola Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Beef Soft Shell Tacos Lettuce, Cheese & Salsa Refried Beans Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal WG Muffin Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Pepperoni Pizza Mixed Fresh Veggies/Ranch Fruit Milk Choice</p>
20	21	22	23	24
<p style="font-size: 2em; color: red; font-weight: bold;">NO SCHOOL</p> <p style="color: red; font-weight: bold;">Presidents' Day</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal WG Cinnamon Roll Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Baked Country Fried Steak Whipped Potatoes/Country Gravy Seasoned Corn Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal WG Bagel w/ Toppings Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Biscuits & Gravy Hash Brown Round Sausage Patty Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Egg, Ham & Cheese Quesadilla Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Rotini Pasta with Chicken WG Breadstick Green Beans Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Brown Sugar Cinnamon Pop-Tart Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Cheese Pizza Mixed Fresh Veggies/Ranch Fruit Milk Choice</p>
27	28	March 1	March 2	March 3
<p style="text-align: center;"><u>Breakfast</u> Cereal Mini Waffles Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Cheeseburger on Bun Tomato Slice Ranch Potato Wedges Sweet Peas Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Nutri Grain Bar Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Taco in a Bag Carrot Sticks w/ Ranch Fruit WG M&M Cookie Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Scrumptious Coffeecake Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Salisbury Steak Whipped Potatoes & Gravy Green Beans WG Dinner Roll Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal Yogurt Cup w/ Granola Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Chicken Nuggets Mac N Cheese Seasoned Corn Fruit Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u> Cereal WG Muffin Fresh Fruit/Fruit Juice Choice Milk Choice</p> <p style="text-align: center;"><u>Lunch</u> Sausage Pizza Mixed Fresh Veggies/Ranch Fruit Milk Choice</p>