





Laraway CCSD 70C

Pre-k through 8th Grade Lunch Menu

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School</p>  <p>Monday, 9-3-18</p>	<p>September 4th</p> <p>WG Chicken Tenders BBQ Baked Beans *Fresh Fruit, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept. 5th</p> <p>Ham Sandwich on WG Pretzel Bun, Clementine Oranges, Sugar Snap peas/ Ranch, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept. 6th</p> <p>Beef Cheeseburger on WG Bun, Apple Slices, Carrots/Ranch, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept 7th</p> <p>Chicken Taco Salad WG Doritos, *Fresh Fruit, Choice of Milk, (1% white Milk for Pre-k)</p>
<p>Sept. 10th</p> <p>Turkey & Cheese on WG Croissant, Celery/Ranch, Fresh Grapes, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept 11th</p> <p>Chicken & Rice Soup, WG Dinner Roll, Apple Slices, Carrots/Ranch, Choice of Milk, (1% white Milk for Pre-k)</p>	<p>Sept 12th</p> <p>BLT Salad with Chicken WG Cookie, * Fresh Fruit, Choice of Milk, (1% white Milk for Pre-k)</p>	<p>Sept 13th</p> <p>Beef Sloppy Joe on WG Bun Hot Corn, Whole apple, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept 14th</p> <p>Pulled Pork Sandwich BBQ Baked Beans, Strawberries, Choice of Milk (1% white Milk for Pre-k)</p>
<p>Sept. 17th</p> <p>Beef Hotdog on WG bun, Diced Peaches, Fresh Cucumber/Ranch, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept 18th</p> <p>Turkey & Cheddar Toasted Sub (WG roll,) Tomato Soup, *Fresh Fruit, Choice of Milk, (1% white Milk for Pre-k)</p>	<p>Sept 19th</p> <p>Chicken Ranch Wrap (WG tortilla,) Side Salad, Sliced Orange, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept. 20th</p> <p>Breakfast for Lunch! Scrambled Breakfast Bowl WG Cinnamon Roll, Fresh Banana, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept. 21st</p> <p>Early Release 11:30 a.m.</p> <p>-----</p> <p>No Lunch Served</p> 
<p>Sept 24th</p> <p>Spaghetti with Meat Sauce WG Garlic Cheesestick, Fresh Grapes, Carrots/Ranch, Choice of Milk(1% white Milk for Pre-k)</p>	<p>Sept 26th</p> <p>Salami & Cheese on WG Sub, Fresh Apple Side Salad, Choice of Milk (1% white Milk for Pre-k)</p>	<p>Sept 26th</p> <p>BBQ Chicken, Baked Beans, Cut Melon, Choice of Milk, (1% white Milk for Pre-k)</p>	<p>Sept 27th</p> <p>Pepperoni Pizza on WG Crust Side Romaine Salad, Diced Pears, Choice of Milk, (1% white Milk for Pre-k)</p>	<p>Sept 28th</p> <p>Chicken Quesadilla on WG Tortilla, Avocado & lettuce, Sliced Orange, Choice of Milk, (1% white Milk for Pre-k)</p>

Food Allergies/Intolerances are only accommodated with physician documents, per the Illinois state board of Education. For any Questions or Concerns regarding the Menu, please contact: Sarah Izaguirre (815)727-5196 or sizaguirre@laraway70c.org

We reserve the right to alter the menu, based on availability

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability.

All Students are provided a free lunch daily. Our Menus adhere to Nutrition guidelines set by the USDA.

WG = Whole Grain-rich meal component
Fresh Fruit= a possible serving of fresh apple, orange, banana, pear, berries, grapes, or melon