

MILK IS 1% UNFLAVORED MILK/FAT FREE FLAVORED MILK -ALL GRAINS SERVED ARE WG OR WGR

Monday

Tuesday

Wednesday

Thursday

Friday

HOT DOG 25G 4
TATER TOTS 20G
FRUIT
MILK W 11G/ C 19G

CHICKEN FAJITA BOWL 5
SALSA, LETTUCE, SOUR CREAM
CHEESE RICE, TORILLA STRIPS
RANCHERO BEANS 15G
FRUIT
MILK

MASH POTATO BOWL 6
POPCORN CHICKEN, MASHED
POTATO 32G
CORN 16G CHEESE 1G
FRUIT
MILK

BREADED CHICKEN SANDWICH 7
32G
FRIES 20G LETTUCE/TOM 1G
FRUIT
MILK W 11G/ C 19G

ITALIAN SAUSAGE PIZZA 35G
FRESH CELERY 12G
FRUIT
MILK

BEEF PIZZA PUFF 45G 8
FRESH BROCCOLI/RANCH 4G
FRUIT
MILK W 11G/ C 19G

CHICKEN WINGS 8g 11
POTATO WEDGES 32G
CELERY/CARROTS 4g
FRUIT 15g
MILK

BEEF BIRRIA TACOS 12
CHEESE/CILANTRO, ONION
SOUR CREAM, 38G
BLACK BEAN SALSA 22G
MEXICAN RICE 28G
FRUIT
MILK

ORANGE CHICKEN/ 13
FRIED RICE 45G STEAMED
BROCCOLI 6G
FRUIT
MILK

CHICKEN ALFREDO 14
STEAMED BROCCOLI 45g
BREADSTICK 15g
FRUIT 15g
MILK

PEPPERONI PIZZA 34G 15
CELERY/CARROTS 6G
FRUIT 12G-16G
MILK

CHICKEN FRIES 20G 18
CRINKLE CUT FRIES 23G
FRUIT
MILK

BEEF NACHOS 44G 19
CHEESE/LETTUCE/TOMATO
3G SOUR CREAM 2G
FRUIT
MILK

MEATBALL SUB 52G 20
WAFFLE FRIES 17G
FRUIT
MILK W 11/C 19G

DELI TURKEY SANDWICH 21
W/CHEESE 30G
LETTUCE/TOMATO 3G CHIPS
FRUIT
MILK

3-CHEESE FRENCH BREAD 22
25G CELERY/RANCH
FRUIT
MILK



BEEF TACOS 26
CHEESE/LETT/TOM
SOUR CREAM, 38G
BLACK BEAN SALSA 22G
MEXICAN RICE 28G
FRUIT
MILK

MOSTACHOLI/ MEAT SAUCE 25
52G
GREEN BEANS 4G
FRUIT
MILK

FIELD DAY 28
HOT DOG /HAMBURGERS
VARIETY POTATO CHIPS 15G
FRUIT JUICE 28G



Food Allergies & Intolerances are only accommodated with Physical documentation, per the Illinois State Board of Education. Any accommodations need to be approved by Laraway Food Service Director in partnership with Laraway School Nurse. Pre- K, Kindergarten, and First grade students are provided a free snack daily. Our menus adhere to Nutrition guidelines set by USDA. We reserve the right to alter the menu, based on availability or quality concerns. WG=Whole Grain rich meal component. Fresh Fruit=a possible serving of fresh apple, oranges, banana, pear, berries, grapes and melon. This institution is prohibited from discrimination on basis of race, color, national origin, sex age or disability. Questions or Comments regarding menu, please contact: Houston Cantrell (815)727-5196 or hcantrell@laraway70c.org In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877- 8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form PDF Document (AD-3027) found online at <https://www.ascr.usda.gov/how-to-file-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632- 9992. Submit your completed form or letter to USDA by: 1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW 2) Fax: (202) 690-7442; or 3) Email program.intake@usda.gov This institution is an equal opportunity provider. Nutritional information is provided as a courtesy, Laraway CCSD 70C can't guarantee its accuracy.