



MILK IS 1% UNFLAVORED MILK/FAT FREE FLAVORED MILK

ALL GRAINS SERVED ARE WG OR WGR

Tuesday

Wednesday

Thursday

Friday



Beef Birria Tacos 30g 7
 Spanish Rice 23g
 Black Bean Salsa 15g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Turkey Burger w/ Cheese 29g
 Fries 30g
 Lettuce/Tom 2g Pickle 1g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

BBQ Chicken Wings 5g 2
 Creamy Pasta Salad 30g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Beef, Bean & Cheese Burrito 15
 45g
 Southwest Corn 16g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

2 Pancakes 30g 8
 Scrambled Eggs, Sausage
 Hashbrown Tots 22g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Jambalaya Pasta 40g 9
 Salad 3g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Beef Pizza Puff 35g 10
 Carrots/Celery/Ranch 6g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Popcorn Chicken 16g 13
 Tater Tots 20g
 Hot Carrots 6g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Philly Steak Sandwich w/ 5
 Mozzarella 40g
 Potato Salad
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Beef Mostaccioli 45g 16
 Breadstick 20g
 Green Bean 8g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Chicken Alfredo Pizza 36g 17
 Fresh Broccoli/ Ranch 3g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Chicken Parmesan/ 20
 Parmesan Noodles 50g
 Green Beans 8g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Chili Cheese Beef Hot Dog 2
 30g
 Potato Chips 15g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Chicken Caesar Salad/Parme- 7g
 san
 Multi Cheese Garlic Bread 24g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Detroit Style Pepperoni Pizza 32g
 Celery/Ranch 8g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Mini Corndogs 35g 27
 Onion Rings 30g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Chicken Gumbo W/ 29
 Chicken/Sausage Rice 40g
 Cornbread 25g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Loaded Mac & Cheese Bowl: 30
 Chicken, Bacon Bits, Green
 Onion 50g
 Hot Broccoli 6g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

Walking Taco 32g 28
 Black Bean Salsa 15g
 Fruit 15g
 Milk W 11g/ C 19g/ S 22g

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-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