



Lunch \$2.50
Milk \$.50

JANUARY 2012

BIG HOLLOW SCHOOL DISTRICT 38

PRIMARY & ELEMENTARY LUNCH

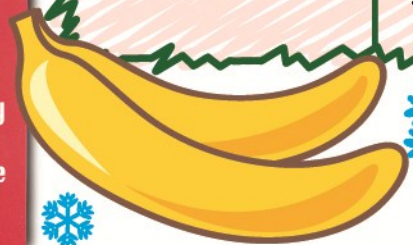


- Make Choices for a Healthy lifestyle!
- Eat a variety of foods
- Eat more fruits, vegetables & grains
- Eat lower fat foods more often
- Get your calcium rich foods
- Be physically active



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Winter Break No School	3 Winter Break No School	4 French Toast Sticks *Sausage Links Hash Browns 100% Sour Apple Juice	5 Chicken Nuggets Sweet Potatoes Garden Salad	6 Tony's Cheese Pizza Cucumber Slices Ranch Dressing Orange Smiles
9 Soft Shell Beef Tacos Lettuce Cup 100% Twisted Melon Juice	10 Chicken Sandwich Carrots Potato Rounds	11 Pancakes Scrambled Eggs Chilled Apple Sauce 100% Orange Citrus Juice Special Treat	12 Home Style Mac & Cheese Garden Salad Mixed Veggies	13 Pizza Dippers w/Marinara Applesauce Sweet Baby Peas
16 MARTIN LUTHER KING JUNIORS BIRTHDAY NO SCHOOL	17 Chicken Nuggets Garden Salad Cling Peaches	18 Jumbo Waffles Ham Slice Strawberry's 100% Orange Citrus	19 Toasted Turkey and Cheese Sandwich Baby Carrots Orange Smiles Lucky Tray Day	20 Garlic Flatbread Steamed Broccoli Apple Slices
23 Ham & Cheese Melt Mixed Veggies Orange Smiles Special Treat	24 Nachos Supreme with Cheddar Cheese Cucumber Slices Cinnamon Applesauce	25 French Toast Sticks *Sausage Links Hash Browns 100% Sour Apple Juice	26 Hot Dogs Oven Fries Green Beans	27 Tony's Pizza Wedge Garden Salad with Ranch Dressing Orange Smiles
30 Mini Corn Dogs Potato Rounds Sweet Baby Peas	31 Chicken Strips Whipped Potatoes with Gravy Seasoned Green Beans			

Questions about the menu?
Call 847-740-1490 X-5021
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.



PLEASE NOTE
Menu changes may be necessary. Notice will be given when possible. Milk served daily. *Contains pork
Wheat Bread Served on Monday, Wednesday & Friday

