

Lunch \$2.50

Milk \$.50

Make Choices for a Healthy lifestyle!

JANUARY 2012 BIG HOLLOW SCHOOL DISTRICT 38 MIDDLE SCHOOL LUNCH MENU



- Offered Daily:**
- Pizza Selection**
- Homemade Wraps**
- Deli Sandwiches**
- Fresh Salads**
- Chicken Sandwich**
- Burgers**
- Served Every Friday:**
- Jumbo Pretzels & Nachos Supreme with Homemade Cheese Sauce**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School	No School	4 French Toast Sticks *Sausage Patty Strawberry's 100% Orange Citrus Juice	5 Buffalo Chicken Sandwich Potato Rounds Banana	6 Hot Dog Baked Beans Red Grapes
9 Creamy Mac & Cheese Seasoned Green Beans 100% Twisted Melon Juice Whole Wheat Roll	10 Chicken Strips Sweet Corn Chilled Applesauce	12 Breakfast Burrito Hash Browns Salsa Special Treat	13 Coney Island Corn Dog Baby Carrots Diced Sweet Peats	14 Garlic Flatbread Cucumber Slices Fresh Orange Wedges
16 MARTIN LUTHER KING JUNIORS BIRTHDAY NO SCHOOL	17 Warrior Burger Lettuce & Tomatoes Oven Fries Banana	18 French Toast Sticks *Sausage Patty Strawberry's 100% Merry Cherry Juice	19 Chicken Nuggets Whipped Potatoes with Gravy Baby Peas	20 Beef Tacos with Shredded Cheddar Cheese Seasoned Black Beans Garden Salad
23 Hot Dog Corn Chips Pickles	24 Chicken Styr Fry Brown Rice 100% Merry Cherry Juice Special Treat	25 Buttermilk Pancakes Ham Slice Tropical Pineapple Potatoes Rounds	26 Rotini with Meatballs Garden Salad Steamed Broccoli Garlic Bread	27 Pizza Dippers with Marinara Baby Carrots Fresh Orange Wedges
30 Popcorn Chicken Sweet Corn Chilled Applesauce	31 Sloppy Joes Potato Rounds Fruited Gelatin	JOIN US FOR TEXAS DAYS YEE HA		

Questions about the menu?
Call 847-740-1490 X-5024
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

