



# Elementary School Lunch Menu

October 2017

**2**

**Fish Melt Sandwich  
Chicken Nuggets w/Soft Pretzel  
Ham & Cheese Sandwich  
Egg Chef Salad w/ Bread**

Seasoned Corn, Broccoli, Tossed Salad, Mixed Berry Applesauce, Mixed Fruit, 100% Apple Juice

**3** **Treat Day**

**Pizza Sticks with Marinara  
Hot Dog  
BBQ Chicken Cheddar Wrap  
Fruit & Cheese Plate w/Soft Pretzel**

Steamed Carrots, Red Pepper Strips, Tossed Salad, Apple, Pears, Raisins, Chocolate Pudding

**4**

**Chicken Alfredo Penne Pasta  
Breadstick  
Cheeseburger  
Ham, Turkey & Cheese Sandwich  
Tossed Salad w/Cheese & Roll**

Green Peas, Baby Carrots, Tossed Salad, Apple, Banana, 100% Orange Juice

**5**

**Beef & Cheese Nachos  
Chicken Patty Sandwich  
Sunbutter & Jelly Tortilla Wrap  
Chicken Ceasar Salad**

Refried Beans, Celery Sticks, Tossed Salad, Pineapple, Peaches, Apple

**6** **Teacher Institute**



**9** **Columbus Day**



**10**

**Chicken Patty Sandwich  
Pepperoni Pizza  
Ham & Cheese Sandwich  
All-American Salad w/ Soft Pretzel**

Seasoned Corn, Red Pepper Strips, Tossed Salad, Apple, Pears, Raisins

**11**

**Mac & Cheese w/ Ham  
Cheeseburger  
Ranch Chicken Wrap  
Egg Chef Salad w/ Flatbread**

Vegetarian Baked Beans, Celery Sticks, Tossed Salad, Apple, Banana, 100% Orange Juice

**12**

**French Toast Sticks w/  
Chicken Sausage Patty  
Hot Dog  
Turkey & Cheese Sandwich  
Ham Chef Salad w/ Pretzel**

Tater Tots, Baby Carrots, Tossed Salad, Banana, Peaches, Apple

**13**

**Cheese Pizza  
Chicken Nuggets w/ Soft Pretzel  
Three Cheese Wrap  
Beef Nacho Salad w/ Tortilla Chips**

Steamed Broccoli, Cucumber Slices, Tossed Salad, Grapes, Applesauce, 100% Fruit Juice

National School Lunch Week Oct 9-13! Join us for Fun All Week Long!

**16**

**Pancakes w/ Cheddar Omelet  
Hot Dog  
Turkey & Cheese Sandwich  
Popcorn Chicken Salad w/ Flatbread**

Tater Tots, Broccoli, Tossed Salad, Apple, Mixed Fruit, 100% Orange Juice

**17** **National Pasta Day**

**Fish Sticks w/Mac & Cheese  
Chicken Patty Sandwich  
Ham & Turkey Sdw w/ Cheese  
Chicken Caesar Salad**

Seasoned Green Beans, Green Peppers Strips, Tossed Salad, Apple, Pears, Raisins, Vanilla Pudding

**18**

**Mini Chicken Corn Dogs  
Cheeseburger  
Three Cheese Wrap  
All-American Salad w/ Bread**

Vegetarian Baked Beans, Cucumber Slices, Tossed Salad, Mandarin Oranges, Banana, 100% Apple Juice

**19**

**Ham & Cheese Melt Sandwich  
Chicken Nuggets w/Bread  
BBQ Chicken Cheddar Wrap  
Fruit & Cheese Plate w/ Goldfish Crackers**

Seasoned Corn, Tomato Wedges, Tossed Salad, Banana, Peaches, Apple

**20**

**Pepperoni Pizza  
Chicken Tenders w/ Soft Pretzel  
Ham & Cheese Sandwich  
Egg Chef Salad w/ Flatbread**

Steamed Broccoli, Baby Carrots, Tossed Salad, Fruit Salad, Mixed Berry Applesauce, 100% Fruit Juice

**23**

**Cheeseburger  
Oven Rsted Chkn Drumstick w/ Dinner Roll  
Ham, Turkey Cheese Sandwich  
Tossed Slid w/ Cheese & Roll**

Mashed Potatoes, Broccoli, Tossed Salad, Orange, Mixed Fruit, 100% Apple Juice

**24**

**BBQ Pork Riblet Sandwich  
Chkn Nuggets w/ Soft Pretzel  
Turkey & Cheese Sandwich  
Fruit & Cheese Plate w/ Goldfish Crackers**

Green Beans & Carrots, Red Peppers Strips, Tossed Salad, Apple, Pears, Raisins

**25**

**Chicken Soft Tacos  
Hot Dog  
Sunbutter & Jelly Wrap  
Egg Chef Salad w/ Bread**

Refried Beans, Baby Carrots, Tossed Salad, Apple, Banana, 100% Orange Juice

**26** **ACE Giveaway Day**

**Rotini w/ Italian Meat Sauce  
Cheese Pizza  
Ham & Cheese Sub  
Popcorn Chicken Salad w/ Breadstick**

Steamed Broccoli, Celery Sticks, Tossed Salad, Grapes, Peaches, Apple

**27** **Early Release**

**Chicken Patty Sandwich  
Sun Butter & Jelly Sandwich  
Tossed Salad /Cheese & Roll**

Steamed Carrots, Cucumber Slices, Tossed Salad, Banana, Applesauce, 100% Fruit Juice

**30**

**Mini Chicken Corn Dogs  
Pepperoni Pizza  
Three Cheese Wrap  
Ham Chef Salad w/ Bread**

Tater Tots, Tomato Wedges, Tossed Salad, Orange, Mixed Fruit, 100% Apple Juice

**31** **Halloween Treat**

**Pancakes w/ Cheddar Omelet  
Hot Dog  
Ham & Cheese Sandwich  
Ranch Chicken Salad w/ Breadstick**

Seasoned Green Beans, Green Pepper Strips, Tossed Salad, Apple, Pears  
**Frozen Fruit Sidekick for Dessert!**

**1**

**Macaroni & Cheese  
Chicken Tenders w/Soft Pretzel  
Honey Mustard Chicken Wrap  
All-American Salad w/ Bread**

Steamed Broccoli, Celery Sticks, Tossed Salad, Mango Peach Applesauce, Banana, 100% Orange Juice

**2**

**Tater Bite Chicken Nachos w/ Tortilla Chips  
Corn Dog  
Turkey & Cheese Sub  
Fruit & Chs Plt w/ Soft Pretzel**

Kickin' Pintos, Baby Carrots, Tossed Salad, Apple, Peaches, Apple

**3**

**Cheese Pizza  
Chicken Patty Sandwich  
Ham, Turkey & Cheese Sandwich  
Egg Chef Salad w/ Flatbread**

Seasoned Golden Corn, Cucumber Slices, Tossed Salad, Banana, Cinnamon Applesauce, 100% Fruit Juice

**Prices**

Lunch Meal:	\$2.85	Reduced Lunch:	\$0.40
Milk (only)	\$0.50	Adult Lunch:	\$3.35

If your student has any dietary needs or restrictions please contact your school's kitchen supervisor or call the Aramark office at 847.551.8485

**Check out our Frozen Fruit Sidekicks!!**  
Each one meets a full 1/2 cup serving of a fruit!



**Grab & Go Items:**  
**Mon + Wed + Fri: Make Your Own Flatbread Pizza Lunch Kit**  
**Tues + Thurs: Strawberry Yogurt & Despicable Me® Grahams**  
**Available Daily: Cheese Sandwich, Sunbutter & Jelly Sandwich**