

Pre-K Lunch Menu

August 2017

Did You Know???

The USDA recently revised the CACFP meal patterns and requirements to ensure children have access to healthy, balanced meals throughout the day. Under the updated child meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. Some of the changes include:

- Juice is limited to once per day
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Breakfast cereals must contain no more than 6 grams of sugar per ounce
- Unflavored low-fat or fat free milk must be served to children 3-5 years old.



What Makes a Meal?

Lunch meals contain a serving of fruit, vegetable, whole grains, meat/meat alternative and unflavored low-fat or skim milk.

Students must take all items to make a meal.

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

14

No School



15

No School



16

- Danimals Vanilla Yogurt
- Cheese Cubes
- Cheez-It Crackers
- Banana
- Cucumber Slices
- Low-fat or Skim Milk

17

- Turkey & Cheese Sandwich Half
- Diced Pears
- Garbanzo Beans
- Low-fat or Skim Milk

18

- Ham & Cheese Sandwich Half
- Cheese Stick
- Applesauce
- Baby Carrots
- Low-fat or Skim Milk

21

- Danimals Vanilla Yogurt
- Cheese Stick
- Goldfish Crackers
- Mandarin Oranges
- Tossed Salad
- Low-fat or Skim Milk

22

- Turkey & Cheese Sandwich Half
- Diced Peaches
- Cucumber Slices
- Low-fat or Skim Milk

23

- Cottage Cheese
- Cheese Stick
- Saltine Crackers
- Banana
- Baby Carrots
- Low-fat or Skim Milk

24

- Sunbutter Sandwich Half
- Diced Pears
- Garbanzo Beans
- Low-fat or Skim Milk

25

- Ham, Turkey & Cheese Sdw Half
- Cheese Stick
- Applesauce
- Fresh Broccoli
- Low-fat or Skim Milk

28

- Soft Pretzel Rod w/ Sunbutter
- Mandarin Oranges
- Broccoli
- Low-fat or Skim Milk

29

- Ham & Cheese Sandwich Half
- Cheese Stick
- Diced Peaches
- Red Pepper Strips
- Low-fat or Skim Milk

30

- Cheese & Crackers
- Banana
- Cucumber Slices
- Low-fat or Skim Milk

31

- Danimals Yogurt
- Colby Jack Cheese Stick
- Cheez-It Crackers
- Diced Pears
- Garbanzo Beans
- Low-fat or Skim Milk

1

No School



Prices:

Lunch Meal: \$2.85

Reduced Lunch: \$0.40

Your student may be eligible for free or reduced price meals. Check the D300 website or contact your school office for more information.

Manage your student's meal account with:



Signing up is free and easy:

1. Visit www.mypaymentsplus.com
2. Click "Register" to sign up for a free account
3. Add your students using their Student ID Numbers