

October Minooka Intermediate/Junior High Lunch Menu

Student Meal
Includes: Entrée, Fruit,
Vegetable, & Milk
White Milk 11G
Chocolate Milk 20G

*****MENU
SUBJECT TO
CHANGE*****

Questions contact the
Food Service Director
Cindy Day at:
630-747-1427

Nutritional information
is provided as a
courtesy, Quest nor
Minooka School District
201 can guarantee
its accuracy.

In accordance with
Federal law and the US
Department of
Agriculture policy, this
institution is prohibited
from discrimination on
the basis of race, color,
national origin, sex age,
or disability.

				1 Chicken Sandwich on Whole Wheat Bun 27G Hot Cheetos 16G Milk Fruit/Vegetable
4 Stuffed Crust Cheese Pizza 36G Romaine 2G Milk/Fruit Fruit Roll Up 11G	5 Mini Maple Pancakes 37G Turkey Sausage Patty 0G Potato Smiles 25G Grape Juice 20G Milk	6 Chicken Tenders 12G Baked Beans 30G Dinner Roll 13G Fruit/Milk	7 Turkey & Cheese Sub w/ Shredded Lettuce served on Whole Wheat Bun 31G Sun Chips 19G Milk/Fruit	8 Trix Cereal 24G Yogurt Cup 15G Cheese Stick 1G Berry Juice 14G Milk/Vegetable
11 Columbus Day No School	12 Grilled Cheese Sandwich on Whole Wheat Bread 29G Pickle Spear 0G Baked Hot Cheetos 16G Milk/Fruit Fruit Snacks 21G	13 *Warm Ham & Cheese Sliders On Whole Wheat Buns 28G Heartzels 16G Milk Fruit/Vegetable *Contains Pork	14 All Beef Hamburger on Whole Wheat Bun 26G Baked Beans 44G Milk/Fruit Chocolate Chip Gripzs 21G	15 Bosco Sticks 32G Romaine 2G Marinara Sauce 1G Milk/Fruit
18 Chicken Nuggets 16G Baked Beans 44G Dinner Roll 13G Milk/Fruit Rice Krispy Treat 9G	19 Chicken & Waffles 49G Syrup 31G Milk Fruit/Vegetable Slushy 22G	20 Whole Grain Rotini Pasta w/ Meatballs 59G Garlic Breadstick 28G Fruit/Vegetable Milk	21 Popcorn Chicken w/BBQ Sauce 46G Doritos 20G Milk Fruit/Vegetable Cinnamon Teddy Grahams 16G	22 French Bread Cheese Pizza 33G Romaine 2G Fruit/Milk Fruit Roll Up 11G
25 All Beef Hot Dog On a Whole Wheat Bun 27G Baked Beans 30G Fruit/Milk Strawberry Yogurt Chex Mix 23G	26 Chicken Nachos 31G Nacho Cheese 5G Salsa 4G Fiesta Beans 33G Fruit/Milk	27 Cinnamon Toast Crunch 22G Yogurt Cup 15G Cheese Stick 1G Orange Juice 15G Milk/Vegetable	28 Buffalo Chicken Tender Wrap w/Cheese 46G Milk Fruit/Vegetable Fruit Roll Up 11G	29 Meatball Sub w/Mozzarella 37G Romaine Salad 1G Milk/Fruit Slushy 22G

October Minooka K-4 Lunch Menu

Student Meal
Includes: Entrée, Fruit,
Vegetable, & Milk
White Milk 11G
Chocolate Milk 20G

*****MENU
SUBJECT TO
CHANGE*****

Questions contact the
Food Service Director
Cindy Day at:
630-747-1427

Nutritional information
is provided as a
courtesy, Quest nor
Minooka School District
201 can guarantee
its accuracy.

In accordance with
Federal law and the US
Department of
Agriculture policy, this
institution is prohibited
from discrimination on
the basis of race, color,
national origin, sex age,
or disability.

				1 Chicken Sandwich on Whole Wheat Bun 27G Heatzels 16G Milk Fruit/Vegetable
4 Stuffed Crust Cheese Pizza 36G Romaine 2G Milk/Fruit Fruit Roll Up 11G	5 Mini Maple Pancakes 37G Turkey Sausage Patty 0G Potato Smiles 25G Grape Juice 20G Milk	6 Chicken Tenders 12G Baked Beans 30G Dinner Roll 13G Fruit/Milk	7 Turkey & Cheese Sub w/ Shredded Lettuce served on Whole Wheat Bun 31G Sun Chips 19G Milk Fruit/Vegetable Vanilla Goldfish 19G	8 Trix Cereal 24G Yogurt Cup 15G Cheese Stick 1G Berry Juice 14G Milk/Vegetable
11 Columbus Day No School	12 Grilled Cheese Sandwich 29G Pickle Spear 0G Baked Cheetos 16G Milk Fruit/Vegetable Fruit Snacks 21G	13 *Warm Ham & Cheese Sliders On Whole Wheat Buns 28G Heartzels 16G Milk Fruit/Vegetable *Contain Pork	14 All Beef Hamburger on Whole Wheat Bun 26G Baked Beans 44G Milk/Fruit Bunny Grahams 21G	15 Bosco Sticks 32G Romaine 2G Marinara Sauce 1G Milk/Fruit
18 Chicken Nuggets 16G Baked Beans 44G Dinner Roll 13G Milk/Fruit Rice Krispy Treat 9G	19 Chicken & Waffles 49G Syrup 31G Milk Fruit/Vegetable Slushy 22G	20 Whole Grain Rotini Pasta w/ Meatballs 59G Garlic Breadstick 28G Fruit/Vegetable Milk	21 Popcorn Chicken w/BBQ Sauce 46G Doritos 20G Milk Fruit/Vegetable Cinnamon Teddy Grahams 16G	22 French Bread Cheese Pizza 33G Romaine 2G Fruit/Milk Fruit Roll Up 11G
25 All Beef Hot Dog On a Whole Wheat Bun 27G Baked Beans 30G Fruit/Milk Strawberry Yogurt Chex Mix 23G	26 Chicken Nachos 31G Nacho Cheese 5G Salsa 4G Fiesta Beans 33G Fruit/Milk	27 Cinnamon Toast Crunch 22G Yogurt Cup 15G Cheese Stick 1G Orange Juice 15G Milk/Vegetable	28 Chicken Tender Wrap w/Cheese 46G Milk Fruit/Vegetable Fruit Roll Up 11G	29 Meatball Sub w/Mozzarella 37G Romaine Salad 1G Milk/Fruit Slushy 22G