

JANUARY 2012
Dwight Township
School District #230
PLATE LUNCH MENU



Make Choices for a Healthy lifestyle!



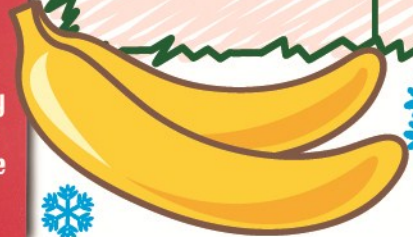
Chicken Sandwich
or
Cheeseburger
offered Daily
as the plate Lunch!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch \$1.85 Milk \$.55	3 Coney Island Corn Dog Ice Juicy Garden Peas	4 Chicken Nuggets w/Bread Slice Whipped Potatoes w/Gravy Seasoned Green Beans	5 Mini Corn Dogs *Baked Beans Orange Wedges	6 Chili Cheese Dog Whole Kernel Corn Sweet Pears
9 Creamy Mac & Cheese Whole Kernel Corn Rosy Applesauce Bread Slice	10 Italian Chicken Wrap 100% Apple Juice Mixed Veggie	11 Salisbury Steak w/Bread Slice Whipped Potatoes w/Gravy	12 Pasta w/Meat Sauce & Garlic Bread Garden Salad w/Dressing Sweet Pears	13 <i>NO SCHOOL</i>
16 <i>NO SCHOOL</i>	17 Beef & Noodles Seasoned Green Beans 100% Fruit Punch	18 Ranch Chicken Wrap Whole Kernel Corn Sweet Pears	19 Scalloped Potatoes w/*Ham Garden Peas Fresh Orange Wedges	20 Cheesy Garlic Flatbread Glazed Carrots Diced Peaches
23 Beef Ravioli & Garlic Bread Garden Salad w/Dressing Cinnamon Applesauce	24 Chicken Nuggets w/Bread Slice Whipped Potatoes w/Gravy Seasoned Green Beans	25 Cheese Quesadilla 100% Pineapple Juice Mexicali Corn	26 Italian Chicken Wrap Garden Salad w/Dressing Orange Wedges	27 <i>EARLY DISMISSAL</i> <i>NO LUNCH SERVED</i>
30 BBQ *Rib Sandwich Seasoned Green Beans Orange Wedges	30 Loaded Potato Sticks 100% Apple Juice Diced Peaches			

Questions about the menu?

Call **815-584-6226**

Sharon Soto
 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.
 1% and fat free milk offered daily. *Contains pork

