



School Nutrition, Part of a Balanced Education

2011-2012 Elementary Lunch Menu

Arlington Heights School District 25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	BBQ CHICKEN SANDWICH	TEX - MEX RED BEANS AND RICE	MINI PANCAKES AND CANADIAN BACON	VEGETARIAN CHILI	TUNA SALAD SUB
	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch
	HOT DOG	POPCORN CHICKEN	DOMINO'S SMART SLICE CHEESE PIZZA	CHICKEN NUGGETS	NACHOS
WEEK B	BLACK BEAN BURGER WITH BBQ SAUCE	PASTA DIPPER LUNCH	CHICKEN STUFFED BURRITO	EGG AND CHEESE FLATBREAD SANDWICH	FISH TACOS
	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch
	HOT DOG	POPCORN CHICKEN	DOMINO'S SMART SLICE CHEESE PIZZA	CHICKEN NUGGETS	NACHOS
WEEK C	TURKEYBURGER	PASTA WITH MEATY RED SAUCE	SOUTHWEST QUESADILLA	PASTA IN A GARLIC CHICKEN SAUCE	STUFFED SALMON
	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch	Turkey Sandwich Yogurt/Cheese/Grahams Lunch Hummus and Flatbread Lunch
	HOT DOG	POPCORN CHICKEN	DOMINO'S SMART SLICE CHEESE PIZZA	CHICKEN NUGGETS	NACHOS

Lunch Prices
Student: \$2.35
Extra Milk: 50¢

Check your student's account balance or pay online at:
www.mymealtime.com

REMEMBER:
 Your student's ID number is used to create an online account at the web address listed above.



Featuring

- ◆ Choice of up to three fruits and vegetables daily.
- ◆ Assorted varieties of fresh, frozen, canned, or dried produce everyday.
- ◆ A grain basket stocked with whole grain rolls and flatbread. Choose up to two bread servings a day.
- ◆ Choice of cold and refreshing low fat white milk, fat free chocolate milk, or fat free white milk.

Alternate Lunch Descriptions

- ◆ Turkey Sandwich: Freshly sliced turkey breast and American cheese on a whole grain bun.
- ◆ Hummus and Flatbread Lunch: A yummy, new cold entrée selection including garlicky hummus and whole grain flatbread. Hummus is also great for dipping veggies!
- ◆ Yogurt/Cheese/Grahams Lunch: Yogurt, string cheese or cheddar cheese cube, and NOW, whole grain *Bug Bites* grahams.
 Ala carte: Milk 50¢, Cookie 35¢, Pretzels 25¢, and Water (8 oz) 25¢

MENU & PRICES SUBJECT TO CHANGE



AUGUST					SEPTEMBER					OCTOBER					NOVEMBER				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
1	2	3	4	5				1	2	3	4	5	6	X		1	2	3	4
8	9	10	11	12	X	6	7	8	9	X	11	12	13	14	7	8	9	10	X
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	X	X	X	X	X
29	30	31			26	27	28	29	30	31					28	29	30		
A	B	C	A	B	A	B	C	A	B	A	B	C	A	B	A	B	C	A	B
DECEMBER					JANUARY					FEBRUARY					MARCH				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
			1	2	X	3	4	5	6			1	2	3				1	2
5	6	7	8	9	9	10	11	12	13	6	7	8	9	10	5	6	7	8	9
12	13	14	15	16	X	17	18	19	20	13	14	15	16	X	12	13	14	15	16
X	X	X	X	X	X	24	25	26	27	X	21	22	23	24	X	X	21	22	23
X	X	X	X	X	30	31				27	28	29			X	X	X	X	X
A	B	C	A	B	A	B	C	A	B	A	B	C	A	B	A	B	C	A	B
APRIL					MAY					JUNE									
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F					
2	3	4	5	X		1	2	3	4					1					
X	10	11	12	13	7	8	9	10	11	4	5	6	X						
16	17	18	19	20	14	15	16	17	18	11	12	13	14	15					
23	24	25	26	27	21	22	23	X	X	18	19	20	21	22					
30					X	29	30	31		25	26	27	28	29					
A	B	C	A	B	A	B	C	A	B	A	B	C	A	B					

X - Non-Attendance Day
 - First/Last Day
 - Light blue boxes indicate days school lunch is served

New Entrée Highlights

Tex—Mex Red Beans and Rice:
Perfectly spiced red beans over a brown rice

Vegetarian Chili:

Tasty three bean mixture: kidney, black, and navy beans combined with onions, green peppers, and celery in a tomato sauce

Black Bean Burger with BBQ

Sauce:
Scrumptious *MorningStar Farms* black bean burger on a whole grain bun with optional BBQ sauce

Chicken Stuffed Burrito:

Whole grain flour tortilla stuffed with chicken, beans, and cheese and baked until bubbly

Fish Tacos:

Spicy rubbed, unbreaded white fish and a southwestern slaw with whole grain flour tortillas

Southwest Quesadilla:

Soft flour tortilla filled with black beans, veggies, and melted cheese

Pasta in a Garlic Chicken Sauce:

Whole grain pasta covered in a yummy sauce made from olive oil, crushed garlic, chicken, and wilted spinach

Stuffed Salmon:

Salmon fillet topped with a delicate bell pepper stuffing

Nutrition Nuggets

For Kids

Do you know that your school lunch provides you with the energy and proper nutrition for growth? Eating a well balanced meal at lunch will help you have more energy during the day and help you learn better during your classes.

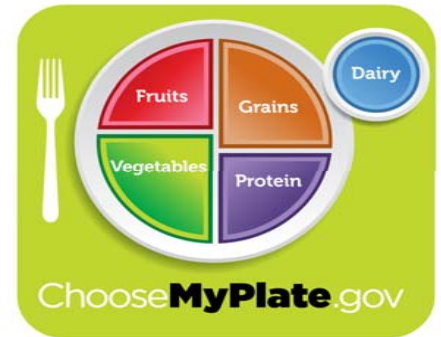
For Parents

School lunch provides your child 1/3 of the recommended dietary allowances for his/her age group. We offer child-friendly foods that in many cases have been specially formulated to be low in fat while providing the flavor and calories your child needs. For further nutrition information please visit the District 25 homepage (www.sd25.org) and click on the Food Service page.

Kids, check out these cool websites to learn more about healthy foods and balanced meals.....



www.foodchamps.com



www.choosemyplate.gov



About the Food We Serve...

The Food Service Department provides high quality, nutritious, and student friendly lunches that are a part of an overall healthy lifestyle. This year we are offering 5 different entrée choices each day including trendy “red” entrees, cold “white” entrees, and student favorite “blue” entrees. Additionally, in our effort to continuously improve our lunches, we have increased the number of whole grain servings, legumes servings, vegetarian servings, fish servings, the variety of fruits and vegetables served, and switched to a fat free chocolate milk. We hope your child(ren) try a variety of our entrees and side choices throughout the year and even decide they like something new!

Daily Side Choices

This school year, Daily Side Choices will no longer be posted on the menu in order to utilize more seasonal and local produce. Instead, a variety of fresh, frozen, canned, and dried fruits and vegetables will be offered, as available. *Sliced apples, bagged carrots, and 100% juice cups will be available daily.*

For more information about the District 25 Food Service Department, please contact:
Coletta Hines-Newell, Food Service Director
847-758-4904
chinesnewell@sd25.org
- or -
Eileen Ackermann, Secretary
847-758-4883
eackermann@sd25.org