2011-2012 Middle School Lunch Menu

School Nutrition, Part of a Balanced Education

Arlington Heights School District 25

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

Lunch Prices
A—$2.35
B—$2.70
C—$3.00
Extra Milk
50¢
Check your student's account balance or pay online at:
www.mymealtime.com

DAY OF WEEK	Sandwiches Galore	Pizzeria	Health Nut	World's Fare	Chicken Picks
Monday	Chicken Patty Sandwich - A Cheeseburger Sandwich - A Rib BBQ Sandwich - A	Round Pepperoni Pizza - A	Fruit Smoothie and Pretzel - C Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Chicago Hot Dog - C	Chicken Tenders - A
Tuesday	Spicy Chicken Patty Sandwich - A Hamburger Sandwich - A	Domino's Smart Slice Cheese Pizza - C	Shaker Salad - B Fruit Smoothie and Pretzel - C Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Bosco Sticks with Marinara Sauce - B	Popcorn Chicken - A
Wednesday	Chicken Patty Sandwich - A Cheeseburger Sandwich - A	Big Daddy's Cheese Pizza Slice - C	Shaker Salad - B Fruit Smoothie and Pretzel - C Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Mozzarella Sticks with Marinara Sauce - C	Chicken Tenders - A
Thursday	Spicy Chicken Patty Sandwich - A Hamburger Sandwich - A Meatball Sub - A	Domino's Smart Slice Cheese Pizza - C	Shaker Salad - B Fruit Smoothie and Pretzel - C Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Pasta with Meaty Red Sauce and Garlic Bread - B	Chicken Nuggets - A
Friday	Chicken Patty Sandwich - A Cheeseburger Sandwich - A	Big Daddy's Buffalo Chicken Pizza Slice - C	Shaker Salad - B Fruit Smoothie and Pretzel - C Assorted Deli Sandwiches - A Hummus and Dippers - C Yogurt/Cheese/Pretzel Lunch - B	Nachos Grande - C	Chicken Tenders - A

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.

Ala Carte Items

- Ala carte items are available daily including a variety of foods and beverages.
- These items range in price from $0.35-$1.25.
- These items meet the following nutrition standards: < 200 calories, < 35% calories from fat, < 10% calories from saturated fat, and < 35% calories from sugar.
- For a complete listing of our ala carte items and nutrition information, please visit the Food Service Department page of the district website at *www.sd25.org.*

MENU & PRICES SUBJECT TO CHANGE

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.*

Rotating Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
A	BBQ Chicken Sandwich - A	Tex-Mex Red Beans & Rice	Mini Pancakes	Vegetarian Chili - A	Tuna Salad Sandwich - A
B	Black Bean Burger - A	Pasta Dipper Lunch - A	Chicken Stuffed Burrito - A	Egg and Cheese Flatbread	Fish Tacos - A
C	Turkeyburger - A	Pasta With Meaty Red Sauce - A	Southwest Quesadilla - A	Garlic Chicken Pasta-A	Stuffed Salmon - A

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

AUGUST

M	T	W	TH	F	
1	2	3	4	5	A
8	9	10	11	12	B
15	16	17	18	19	C
22	23	24	25	26	A
29	30	31			B

SEPTEMBER

M	T	W	TH	F	
			1	2	C
X	6	7	8	9	A
12	13	14	15	16	B
19	20	21	22	23	C
26	27	28	29	30	A

OCTOBER

M	T	W	TH	F	
3	4	5	6	X	B
X	11	12	13	14	C
17	18	19	20	21	A
24	25	26	27	28	B
31					C

NOVEMBER

M	T	W	TH	F	
	1	2	3	4	A
7	8	9	10	X	B
14	15	16	17	18	C
X	X	X	X	X	A
28	29	30			B

DECEMBER

M	T	W	TH	F	
			1	2	A
5	6	7	8	9	B
12	13	14	15	16	C
X	X	X	X	X	A
X	X	X	X	X	B

JANUARY

M	T	W	TH	F	
X	3	4	5	6	B
9	10	11	12	13	C
X	17	18	19	20	A
X	24	25	26	27	B
30	31				C

FEBRUARY

M	T	W	TH	F	
		1	2	3	C
6	7	8	9	10	A
13	14	15	16	X	B
X	21	22	23	24	C
27	28	29			A

MARCH

M	T	W	TH	F	
			1	2	B
5	6	7	8	9	C
12	13	14	15	16	A
X	X	21	22	23	B
X	X	X	X	X	C

APRIL

M	T	W	TH	F	
2	3	4	5	X	A
X	10	11	12	13	B
16	17	18	19	20	C
23	24	25	26	27	A
30					B

MAY

M	T	W	TH	F	
	1	2	3	4	B
7	8	9	10	11	C
14	15	16	17	18	A
21	22	23	X	X	B
X	29	30	31		C

JUNE

M	T	W	TH	F	
				1	C
4	5	6	X		A
11	12	13	14	15	B
18	19	20	21	22	C
25	26	27	28	29	A