



Dirksen Middle School

LUNCH MENU

Serving 3 Entrée Choices every day

Which include one rotating menu item, an alternate entrée and daily salad specials



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Turkey Roast
w/ gravy
Wheat Dinner Roll^{WG}
Collard Greens
Fresh Grapes ^{HUSC}
Option:
Meatball Sandwich

Sweet & Sour Chicken
Brown Rice^{WG}
Sweet Peas^{HUSC}
Fresh Mango^{HUSC}
Option:
Cheeseburgers^{WG}

Twin Tacos^{WG}
Lettuce/Cheese
Steamed Carrots^{HUSC}
Fresh Pears^{HUSC}
Option:
Grilled Cheese sandwich on wheat^{WG}

Cod Fish & cheese on Wheat bun^{WG}
Steamed Broccoli^{HUSC}
Fresh Apple^{HUSC}
Option:
Loaded Baked Potato w/ chilli & cheddar cheese

Beef & Bean Burritos^{WG}
Romaine Salad ^{HUSC}
Fresh Grapes ^{HUSC}
Option:
Hot Ham & Cheese Sandwich^{WG}

Baked BBQ Chicken
Whole Wheat Roll^{WG}
Mashed potatoes
Strawberries
Opt:
Turkey Sandwich^{WG}

Chili-Mac Wheat Roll^{WG}
Sweet Potatoe ^{HUSC}
Fresh Orange Half^{HUSC}
Option:
Turkey-ham wrap on wheat shell^{WG}

Flatbread Pizza^{WG}
Lima Beans^{HUSC}
Fresh Banana
Half^{HUSC}
Option:
Vegetable wrap^{WG} w/ bell peppers,

Catfish sandwich^{WG}
Tossed Romaine Salad^{HUSC}
Fresh Mangos^{HUSC}
Option:
Grilled Cheese on Wheat bread^{WG}

Turkey Meatloaf
Red Beans & Rice
Dinner Roll^{WG}
Fresh Apple^{HUSC}
Option:
Turkey & cheese Hoagie^{WG}

Oven Crisp Chicken Leg
Steamed Spinach ^{HUSC}
Fresh Grapes^{HUSC}
Option:
Chicken Fajitas with soft tortilla shells^{WG}

Beef & Broccoli Brown Rice^{WG}
Steamed Broccoli^{HUSC}
Wheat Dinner Roll^{WG}
Mandarin Oranges
Option:
BBQ Meatball sub

Beef Hotdogs on Wheat bun^{WG}
Steamed Carrots^{HUSC}
Sliced Pears
Option:
Chicken Salad Wrap^{WG}



Cheeseburger on wheat bun^{WG}
Lima Beans^{HUSC}
Fresh Peach^{HUSC}
Option:
Tuna on wheat^{WG} w/ romaine lettuce

Italian Spaghetti w/ wheat pasta^{WG}
Wheat Roll^{WG}
Romaine Salad^{HUSC}
Strawberries
Option:
Turkey & Cheese

Teriyaki Chicken over Brown Rice^{WG}
Green Beans
Fresh Grapes^{HUSC}
Option:
Salisbury Steak w/ brown gravy

BBQ Chicken Breast Sandwich
On Wheat bun^{WG}
Red Beans^{HUSC}
Fresh Apple Half^{HUSC}
Option:
Vegetarian Lasagna^{WG} w/ garlic bread

Macaroni & Cheese
Wheat Roll^{WG}
Sweet Potatoes^{HUSC}
Fresh Apple Half^{HUSC}
Option:
Veggie Quesadilla in soft shell^{WG} w/ salsa

Nacho Grande w/ Lettuce/Shred Cheese/Salsa
Mexican corn
Fresh Orange ^{HUSC}
Option:
Turkeyham & cheese

Catfish Strips
Whole Wheat Roll^{WG}
Steamed Broccoli^{HUSC}
Fresh Mangos
Option:
Shepard's Pie w/ Wheat dinner roll^{WG}



Price

Full Price
\$1.70

Reduced
\$.40

Adult Meals
\$2.10

fresh takes

Nutritional Bar

Items Include:

- Apples
- Oranges
- Fruit Cocktail
- Broccoli
- Green Peppers
- Spinach

Healthier US School Challenge

Dolton 149 is stepping up to the challenge!

Healthier^{US} School Challenge

^{HUSC} =meets Challenge criteria

^{WG} = Whole Grain

Cafeteria

Questions And Comments, Please email the Food Service Director at Dolton@aviands.com Or Call 708-868-7570

Black History Month

Aviands
FOOD & SERVICES MANAGEMENT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Quaker Oatmeal Bar
Graham crackers
100% Juice

4

Teddy Grahams
100% Juice

5

No Snack Program

6

Chex Trail Cheddar Mix
100% Juice

7

Rice Krispies Bar
100% Juice

8

Fig Newton Bar
100% Juice

9

Ritz Cheese Cracker Bits
100% Juice

10

No Snack Program

13

Raspberry Nutri-grain bar
100% Juice

14

Carrot Sticks
Ranch Dressing
Graham cracker
100% Juice

15

Fresh Sliced Apples
Graham Crackers
100% Juice

16

Strawberry Nutri-grain bar
Graham Crackers
100% Juice

17

No Snack Program

20

Presidents' Day


21

Quaker Oatmeal Bar
Graham crackers
100% Juice

22

Teddy Grahams
100% Juice

23

Apple Nutri-grain bar
100% Juice

24

No Snack Program

27

Rice Krispies Bar
100% Juice

28

Ritz Cheese Cracker Bits
100% Juice

29

Fig Newton Bar
100% Juice

30

31



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Celebrating



Black



History



Cafeteria

Questions And Comments
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District 149
DIRKSEN MIDDLE SCHOOL
Supper Menu

FEBRUARY 2012



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



BBQ Chicken w/
Brown Rice
Green Beans
Mixed Fruit
Choice of Milk

Beef Stew
Sweet Peas
Dinner Roll
100% Juice
Choice of Milk

No Dinner on
Friday

Mac & Cheese
Tossed Salad
Wheat roll*
Strawberries
Choice of Milk

Beef & Broccoli
Brown Rice
100% Juice
Choice of Milk

Catfish
Wheat roll
Carrots
Fresh Mangos
Choice of Milk

Baked Ham
Wheat Roll
Broccoli
100% Juice
Choice of Milk

No Dinner on
Friday

Veggie Quesadilla
Spanish Rice
Salsa
Mexican Corn
100% Juice
Choice of Milk

Spaghetti
w/ wheat roll
Tossed Salad
Sliced Peaches
Choice of Milk

Salisbury Steak
w/Gravy
Mashed Potatoes
Wheat Bread
100% Juice
Choice of Milk

Roasted Turkey w/
gravy
Steamed Carrots s
Fresh Apple
Choice of Milk

No Dinner on
Friday



Beef Stew
Corn Bread
Green Beans
100% Juice
Choice of Milk

Baked Chicken
Red Beans & Rice
Wheat Roll
Fresh Mangos
Choice of Milk

Chicken Parmesan
Wheat Pasta*
Steamed
Vegetables
100% Juice
Choice of Milk

No Dinner on
Friday

Lasagna
Wheat Dinner Roll
Brussel Sprouts
100% Juice
Choice of Milk

Meatloaf
Sweet Corn
Fresh Orange
Choice of Milk

Baked Ham
Garlic Potatoes
Wheat Roll
100% Juice
Choice of Milk



Specials

Supper

Cafeteria



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