



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1	2	3
T-Ham & Cheese Wrap Fresh Veggies Just Picked Fresh Fruit Ice Cold Milk	Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Beef Hot Dog Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Chicken Tacos Chicken Fried Rice Steamed Veggies Just Picked Fresh Fruit	Spaghetti w. Meat Sauce & Meatballs Steamed Veggies Just Picked Fresh Fruit
6	7	8	9	10
	Turkey Sausage Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Turkey Chili w/beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Grilled Cheese sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Oven Baked Ham & Cheese Sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
13	14	15	16	17
BBQ meatball sub Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Sloppy Joe Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Chicken parmesan Sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Turkey Nachos Supreme Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Homestyle Mac & Cheese Sliced Turkey w/ dinner roll Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
20	21	22	23	24
Sweet & Sour Chicken w. Brown Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Taco Tuesday Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Chicken Quesadilla Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Crispy Chicken Bowl w. Mashed Potatoes Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Spaghetti w. Meatballs Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk
27	28	29	30	
Chicken Pasta Alfredo Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Roasted Turkey w. gravy & brown rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Turkey & Cheese Wrap Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk	Buffalo Baked Chicken Steamed Veggies Fresh Fruit Ice Cold Milk	

Daily Choices:

~Entrée #1
Hot Entree

~Entrée #2
Rotating Salad or
Sandwich
Veggie
Combo
Turkey
Turkey Ham
Tuna
Chicken

Fresh Fruit Daily

&

Vegetables Daily

**Any comments,
questions, or concerns
please contact
the District Manager
Kenyetta Brown
at (708)868-7586
or by email
piggottz@sdi49.org**





In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.

GREEN

Meals include rBST-free skim or 1% milk