

Midwest Central 191 Primary Lunch Menu

January
2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9 Wacky Wednesday	10 Fiesta Day	11 New Item
Juicy Cheddar Burger Or Turkey Sausage Pizza Garden Salad Fiesta Beans Assorted Fresh Fruit	**Popcorn Chicken Or Hot Dog Garlic Green Beans Baby Carrots/Ranch 100% Fruit Juice	Crispy Chicken on a Bun Or **Rotini/ Meat Sauce Sweet Corn Sliced Cucumber Assorted Fresh Fruit	Fiesta Nachos Or Chicken Quesadilla Seasoned Black Beans Fresh Broccoli Applesauce	Vegetable Soup with 1/2 Grilled Cheese Or Baked Chicken Nuggets/Roll Garden Salad Potato Puffs 100% Fruit Juice
14	15	16 New Item	17	18
Crispy Chicken Sandwich Or Soft Shell Zesty Tacos Refried Beans Broccoli Buds 100% Fruit Juice	Turkey Sub w/ Toppings Or Chicken Nuggets w/ Roll Cauliflower Tri-Tater (1) Assorted Fresh Fruit	Chili Or Pepperoni Pizza Sweet Corn Garden Fresh Salad Assorted Fresh Fruit	Meatballs/Brown Gravy Or Grilled Cheese Sandwich Mashed Potatoes Broccoli Florets 100% Fruit Juice	Grilled Cheeseburger Or Cheese Pizza Seasoned Green Beans Baby Carrots/Ranch Assorted Fresh Fruit
21	22 Funfetti Cookie Day	23 Wacky Wednesday	24	25
NO SCHOOL	Crispy Chicken on a Bun Or *BBQ Rib Sandwich Garden Salad Potato Puffs Assorted Fresh Fruit	Grilled Cheeseburger Or **Spaghetti/ Meat Sauce Fresh Broccoli Garbanzo Beans 100% Fruit Juice	1/2 Day Early Dismissal No Lunch Served	Cheese Pizza Or Chicken Nuggets w/ Roll Baby Carrots w/Ranch Tri-Tater (1) 100% Fruit Juice
28	29	30 Wacky Wednesday	31	
Hot Dog Or Spicy Chicken Sandwich BBQ Veggie Beans Fresh Broccoli 100% Fruit Juice	Crunchy Mini Corn Dogs Or Grilled Cheeseburger Steamed Carrot Coins Sliced Cucumbers Assorted Fresh Fruit	Ravioli in Marinara Sauce Or Stuffed Pizza Sticks Sweet Corn Garden Salad Assorted Fresh Fruit	**Chicken Tenders** Or Pepperoni Pizza Steamed Broccoli Cauliflower Buds 100% Fruit Juice	

Lunch
\$0.00

Milk
\$0.40

Questions about the menu?
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309-968-6464X 109

For more information
or to "Ask the Dietitian",
check out our website!




Comprehensive
nutrition & allergy
guides are
available in the
Foodservice Office.

(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally
necessary. Notice will be given when
possible.

This institution is an equal opportunity
employer.

