

Midwest Central 191 Primary Lunch Menu

January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No School	No School	No School
6	7	8 Wacky Wednesday	9 Birthday Treat	10 Treat Day
Ham Sub w/Toppings Or Cheeseburger Garden Salad Fiesta Beans Assorted Fresh Fruit	**Popcorn Chicken Or Soft Tacos Garlic Green Beans Baby Carrots/Ranch 100% Fruit Juice	**Rotini/Meat Sauce Or Crispy Chicken on a Bun Sweet Corn Sliced Cucumber Assorted Fresh Fruit	Walking Taco Or Hot Dog Seasoned Black Beans Fresh Broccoli Applesauce	Pizza Dippers Or Pepperoni Pizza Garden Salad Potato Puffs 100% Fruit Juice
13	14	15	16	17
Crispy Chicken Sandwich Or Cheeseburger Refried Beans Broccoli Buds 100% Fruit Juice	Buffalo Chicken Wrap Or Soft Tacos Cauliflower Potato Tots Assorted Fresh Fruit	**Chicken Alfredo Bake Or Chicken Patty on a Bun Sweet Corn Garden Fresh Salad Assorted Fresh Fruit	Grilled Cheese Or Hot Dog Mashed Potatoes Broccoli Florets 100% Fruit Juice	**Chicken Nuggets Or Cheese Pizza Seasoned Green Beans Baby Carrots/Ranch Assorted Fresh Fruit
20	21 Funfetti Cookie Day	22 Wacky Wednesday	23	24
French Toast Sticks Or Juicy Cheeseburger Seasoned Corn Baby Carrots w/Ranch Assorted Fresh Fruit	*BBQ Riblette Or Soft Tacos Garden Salad Potato Puffs Assorted Fresh Fruit	** Meaty Lasagna Or Chicken Patty on a Bun Fresh Broccoli Garbanzo Beans 100% Fruit Juice	Fiesta Nachos Or Hot Dog Refried Beans Cucumber Slices Assorted Fresh Fruit	1/2 Day Early Dismissal No Lunch Served
27	28	29	30	31
Spicy Chicken Sandwich Or Juicy Cheeseburger BBQ Veggie Beans Fresh Broccoli 100% Fruit Juice	Crunchy Mini Corn Dogs Or Soft Tacos Steamed Carrot Coins Sliced Cucumbers Assorted Fresh Fruit	Ravioli in Marinara Sauce Or Chicken Patty on a Bun Sweet Corn Garden Salad Assorted Fresh Fruit	Sloppy Joe Scoops Or Hot Dog Steamed Broccoli Cauliflower Buds 100% Fruit Juice	Grilled Cheese Or Pepperoni Pizza Romaine/Tomatoes Potato Puffs Assorted Fresh Fruit

Lunch \$0.00
Milk is included
With Lunch

Milk \$0.40
A Variety of Milk
is Offered Daily

Daily Choice

Monday: Chef Salad

Tuesday: Turkey Deli Sub

Wednesday: Taco Wrap

Thursday: Ham Pinwheel

Friday: Chicken Ranch Wrap

Questions about the menu?
Mary Hill, FSM
hill@midwestcentral.org
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.