

Breakfast

Lunch

Snack

WEEK 1

MONDAY

Toasted Oats, Fresh Oranges,

Tuscan White Bean, Pasta with

• Peas & Tomato, Green & Yellow

 Pretzel Twists, String Cheese, Water

Beans, Fresh Apples

Organic Milk

ILLINOIS MENU | FALL 2022

THURSDAY

Biscuits*, Turkey Sausage

Fresh Oranges, Organic Milk

Chicken Sausage, Organic

Fresh Watermelon

Tomato Tofu 4 Veggie Blend,

Vanilla Yogurt, Fresh Bananas,

Rotini*, Roasted Tomato Sauce &

SEPTEMBER/OCTOBER/NOVEMBER

Fruit Salad

FRIDAY

• Lemon Poppy Muffins, Fresh Honeydew, Organic Milk

Garlic Bread* Pizza. Green

• Beans & Diced Carrots, Fresh

• Club Crackers, Fresh Apples,

	Allergy	Tuscan White Bean, Corn Flour Pasta, Green & Yellow Beans, Fresh Apples	Chicken Breast, Corn Tortillas Peas & Carrots, Fresh Bananas	Corn Flour Pasta, Diced Chicken • Broccoli & Cauliflower, Fresh Cantaloupe	Water Roasted Chicken, Corn Flour Noodles, 4 Veggie Blend, Fresh Watermelon	Vegan Quesadillas, Green Beans & Diced Carrots, Fresh Fruit Salad
WEEK 2	Breakfast	• Corn Flakes, Fresh Oranges, Organic Milk	• French Toast Sticks*, Turkey Bacon, Fresh Pineapple, Organic Milk	English Muffins, Scrambled Eggs, Fresh Apples, Organic Milk	Toasted Oats, Vanilla Yogurt, Fresh Oranges, Organic Milk	Orange Blossom Muffins, Fresh Cantaloupe, Organic Milk
	Lunch	• Mac and Cheese*, Broccoli & Cauliflower, Fresh Apples	Philly Sliders, Rolls*, Mozzarella Cheese, Veggie Crumbles, Peas & Carrots, Fresh Bananas	Chicken Bites*, Tomato Ketchup, • Veggie Bites, Green & Yellow Beans, Fresh Honeydew	Penne Pasta*, Parmesan Cheese, 4 Veggie Blend, Fresh Watermelon	Turkey Chili, Veggie Chili, Sweet Corn Bread, Green Beans & Diced Carrots, Fresh Fruit Salad
	Snack	• Mini Naan Bread, American Cheese, Water	Animal Crackers, Fresh Pears, Water	Mini Bagels, Cream Cheese, Water	• Graham Squares, Fresh Bananas, Water	Wheat Crackers*, Fresh Apples, Water
	Allergy	Vegan Mac & Cheese, Corn • Flour Pasta, Broccoli & Cauliflower, Fresh Apples	Chicken & Bell Peppers, Corn Tortillas, Peas & Carrots, Fresh Bananas	• Grilled Chicken, Brown Rice, Green & Yellow Beans, Fresh Honeydew	Chicken Noodle Non-Soup, Corn Flour Pasta, 4 Veggie Blend, Fresh Watermelon	Turkey Chili, Corn Tortillas, Green Beans & Diced Carrots, Fresh Fruit Salad
	Breakfast	Toasted Oats, Fresh Oranges, Organic Milk	Pancakes* w/ Pear Puree, Fresh Pineapple, Organic Milk	Homemade Granola*, Vanilla Yogurt, Fresh Apples, Organic Milk	Potato Pancakes, Applesauce, Fresh Oranges, Organic Milk	Apple Spice Muffins, Fresh Honeydew, Organic Milk
WEEK 3	Lunch	Cheese Tortellini in Red Sauce, Green & Yellow Beans, Fresh Apples	Southwest Chicken & Brown Rice Bowl*, Organic Tofu, Peas & Carrots, Fresh Bananas	Teriyaki Meatballs, Veggie Crumbles, Rolls*, Broccoli & Cauliflower, Fresh Cantaloupe	Chicken Fajitas, Tortillas*, Tofu • Verde, 4 Veggie Blend, Fresh Watermelon	Chicken Alfredo, Pasta*, Tofu • Alfredo, Green Beans & Diced Carrots, Fresh Fruit Salad
	Snack	• Ritz Crackers, String Cheese, Water	Mini Bagels, Cream Cheese, Fresh Pears	Cheddar Goldfish, Organic Milk	Pretzel Twists, Fresh Bananas, Water	Kids Mix, Fresh Apples, Water
	Allergy	Chicken in Red Sauce, Corn • Flour Noodles, Green & Yellow Beans, Fresh Apples	Southwest Chicken Black Bean Bowl*, Peas & Carrots, Fresh Bananas	Chicken Red Sauce, Corn Tortillas, • Broccoli & Cauliflower, Fresh Cantaloupe	Chicken Fajitas, Corn Tortillas, 4 Veggie Blend, Fresh Watermelon	Roasted Chicken, Corn Flour • Pasta, Green Beans & Diced Carrots, Fresh Fruit Salad
WEEK 4	Breakfast	Rice Krispies, Fresh Oranges, Organic Milk	Pancakes* w/ Pear Puree, Fresh Pineapple Organic Milk	Mini Bagels, Cream Cheese Fresh Apples, Organic Milk	Biscuits*, Turkey Bacon, Fresh Eggs, Fresh Oranges, Organic Milk	Blueberry Muffins, Fresh Cantaloupe, Organic Milk
	Lunch	Vegetarian Burrito Bowl, Tortillas*, Cheddar Cheese, Broccoli & Cauliflower, Fresh Apples	Chicken Bites*, Tomato Ketchup, Veggie Bites, Green & Yellow Beans, Fresh Bananas	• Rotini Herbs* & Parmesan, Peas & Carrots, Fresh Honeydew	Stir-Fry Chicken & Brown Rice*, Asian Tofu, 4 Veggie Blend, Fresh Watermelon	BBQ Chicken Sliders, BBQ Tofu, Tortillas*, Green Beans & Diced Carrots, Fresh Fruit Salad
	Snack	• Wheat Crackers*, American Cheese, Water	Animal Crackers, Fresh Pears, Water	Toasted Oats, Vanilla Yogurt, Water	• Graham Squares, Fresh Bananas, Water	 Club Crackers, Fresh Apples, Water
	Allergy	Vegetarian Burrito Bowl, Corn • Tortillas, Broccoli & Cauliflower, Fresh Apples	Diced Chicken, Corn Tortillas, Green & Yellow Beans, Fresh Bananas	Grilled Chicken, Corn Flour Pasta, • Peas & Carrots, Fresh Honeydew	Roasted Chicken, Corn Tortillas, 4 Veggie Blend, Fresh Watermelon	Barbecue Chicken, Corn Tortillas, Green Beans & Diced Carrots, Fresh Fruit Salad
Organic Plain Milk SER	VED WITH ALL R	PEAKEAST AND HINCHES* -	Menu provided by Food2Yo		n at all times - (*) denotes it	em is Whole Grain (WG) v

TUESDAY

Pancakes* w/ Pear Puree, Fresh

Eggs, Fresh Pineapple, Organic

Chicken Tinga Tacos, Tortillas*,

Salsa Veggie Crumbles, Peas &

Carrots, Fresh Bananas

· Kids Mix, Fresh Pears, Water

WEDNESDAY

Mini Bagels, Cream Cheese

Veggie Burger, Tomato Ketchup

Broccoli & Cauliflower, Fresh

• Cheddar Goldfish, Organic Milk

Cantaloupe

Chicken Sliders, Whole Grain Rolls*

Fresh Apples, Organic Milk