



# FEBRUARY 2012 WINNETKA SCHOOL DISTRICT 36 LUNCH MENU

Make Choices for a Healthy lifestyle!

- Eat a variety of foods
- Eat more fruits, vegetables & grains
- Eat lower fat foods more often
- Get your calcium rich foods
- Be physically active

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Plate Lunch</b> <b>Includes Half Pint Of Milk</b> <b>\$2.55</b>	1 Fiesta Chicken w/Vegetables Red Beans & Rice Tropical Pineapple	2 Baked Mostaccioli Garlic Breadstick Garden Salad Chilled Applesauce	3 Uno's Pizza Minestrone Soup Mandarin Oranges
6 Chicken Sandwich Seasoned Green Beans Mandarin Oranges	7 Teriyaki Chicken Steamed Brown Rice Buttered Corn Chilled Melon	8 Nachos Supreme w/Beef, Tomatoes, Lettuce & Cheese Seasoned Brown Rice Tropical Pineapple	9 Chicken Tetrizzini Garlic Breadstick Seasoned Green Beans Mandarin Oranges	10 Garlic Pizza Bread Minestrone Soup Chilled Fresh Melon
13 Chicago Style Hot Dog Crinkle Cut Fries Seasoned Green Beans Mandarin Oranges	14 <b>VALENTINE'S DAY</b> Baked Chicken Legs Oven Roasted Potatoes Whole Kernel Corn Tropical Pineapple <i>SPIN TO WIN</i>	15 Southwest Chicken w/Vegetables Red Beans & Rice Mandarin Oranges	16 Italian Beef on a French Roll w/Mozzarella Cheese Garden Salad w/Dressing Chilled Applesauce	17 <b>TEACHER INSTITUTE DAY</b>  <b>NO SCHOOL</b>
20 <b>PRESIDENT'S DAY</b>  <b>NO SCHOOL</b>	21 Meatloaf Mashed Potatoes Whole Kernel Corn Chilled Applesauce <i>SPIN TO WIN</i>	22 Chicken Quesadilla Spanish Rice w/Vegetables Chilled Fresh Melon	23 Beefy Mac Garlic Breadstick Seasonal Mixed Vegetables	24 Red Barron Pizza Bread Minestrone Soup Chilled Applesauce
27 BBQ *Riblette on Whole Wheat Bun Mixed Seasonal Vegetables Fresh Pineapple	28 Chicken Fried Rice w/Oriental Vegetables Mandarin Oranges	29 <b>LEAP YEAR</b> Beef Taco w/Tomato, Cheese & Lettuce Spanish Brown Rice w/Vegetables Fresh Pineapple		

**Questions about the menu?**  
**Call 847-501-3069**  
 A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

**PLEASE NOTE**

Menu changes may be necessary. Notice will be given when possible.  
 1% and fat free milk & bread served daily. \*Contains pork

