



2020 February

February is Heart Healthy Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			Treat Yourself Right		<p>All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.</p> <p>Offered Daily: Fresh Fruit or vegetables.</p> <p>Milk Served Daily Skim Chocolate Skim White 1% White Milk</p> <p>A la carte: \$.50</p> <p>Student Lunch: \$2.85</p> <p>Adult Lunch: \$3.25</p> <p>Our Pizzas are Tony's "SMART" pizza – 25% lower in fat with whole grain crust</p> <p>WG – Whole Grain Romaine Salads served with Ranch Dressing</p> <p>Items listed with a red * may contain Pork.</p> 
3 1-Cheeseburger on a Bun 2-Chicken Nuggets w/Dinner Roll 3-Ham & Cheese Sand 4-Ham/Turkey Chef Salad w/Dinner Roll Peas Fresh Broccoli Mixed Fruit	4 1-Cheese Pizza 2-BBQ Chicken Sandwich 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand Tater Tots Red Pepper Strips Diced Pears	5 1-Cheese Ravioli w/Marinara Sauce Bread Stick 2-BBQ Riblet* Sandwich 3-Ham, Turkey & Cheese Sand 4-Chicken Caesar Salad w/Dinner Roll Sweet Potatoes Fresh Zucchini Diced Peaches	6 <i>Lucky Tray Day</i> 1-Thai Chicken Strips Rice 2-Chicken Nuggets w/Dinner Roll 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand French Fries Celery Sticks Applesauce	7 1-Cheese Pizza 2-Fish Sticks w/Mac Veg Salad 3-Tuna Salad Sandwich 4-Popcorn Chicken Salad w/Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Peaches	
10 1-Chicken 'N' Tots 2-Corn Dog 3-Ham & Cheese Sand 4-Ham/Turkey Chef Salad w/Dinner Roll Corn Fresh Broccoli Mixed Fruit	11 1-French Toast Sticks w/Syrup 2-Cheeseburger on a Bun 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand Green Beans Red Pepper Strips Diced Pears	12 1-Orange Popcorn Chicken w/Lomein 2-Chicken Patty Sandwich 3-Ham & Cheese Sand 4-Chicken Caesar Salad w/Dinner Roll Sliced Carrots Fresh Zucchini Diced Peaches	13 <i>Lucky Tray Day</i> 1-Pasta w/Meat Sauce 2-Chicken 'N' Tots 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand Black Beans Celery Sticks Applesauce	14 P/T Conferences No School	
17 President's Day No School	18 1-Hot Pretzel w/Cheese Sauce 2-Chili Mac 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand Sliced Carrots Red Pepper Strips Diced Pears	19 <i>Lucky Tray Day</i> 1-Cheese Pizza 2-Hot Dog 3-Ham & Cheese Sand 4-Chicken Caesar Salad w/Dinner Roll Green Beans Fresh Zucchini Diced Peaches	20 1-Bosco Sticks w/Marinara Sauce 2-Chicken Nuggets w/Dinner Roll 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand Kickin' Pinto Beans Celery Sticks Applesauce	21 1-Cheese Pizza 2-Fish Sticks w/Mac Veg Salad 3-Ranch Chicken Wrap 4-Popcorn Chicken Salad w/Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Peaches	
24 1-Chicken Patty Sandwich 2-Meatball Sub 3-Ham & Cheese Sand 4-Ham/Turkey Chef Salad w/Dinner Roll Corn Fresh Broccoli Mixed Fruit	25 1-Diced Chicken Nachos 2-Chicken Nuggets w/Dinner Roll 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand Peas Red Pepper Strips Diced Pears	26 1-Cheese Pizza 2-Pasta w/Meat Sauce 3-Ham & Cheese Sand 4-Chicken Caesar Salad w/Dinner Roll Swi Potato Fries Fresh Zucchini Diced Peaches	27 <i>Lucky Tray Day</i> 1-Turkey with Gravy w/Dinner Roll 2-Spicy Chicken Patty Sandwich 3-Turkey & Cheese Sand 4-Sunbutter & Jelly Sand Mashed Potatoes Celery Sticks Applesauce	28 Institute Day No School	

Center Cass Elementary Schools

EAT A VARIETY OF FRUITS & VEGETABLES EVERY DAY

Part time positions open

If you are interested in working part time during the school year please log into www.aramark.com and open the careers tab to review available positions in Center Cass; or call Nichole at 630-964-0267.



Menus are subject to change without notice.

This institution is an equal opportunity provider.

Center Cass School District 66

February Elementary School Menu

Menu Items with Carb. Counts

Items served as a regular part of the daily menu: **Elementary School**

Oranges - 15.7

1% White Milk - 13.0

Apples - 15.4

Skim Chocolate Milk - 24.0

Skim Milk - 13.0

Menu Items: **Elementary School**

Cheeseburger on a Bun - 30.4

Chicken Nuggets - 15.0

Ham and Cheese Sandwich - 23.8

Ham/Turkey Chef Salad - 5.2

Cheese Pizza - 43.9

BBQ Chicken Sandwich - 41.3

Turkey and Cheese Sandwich - 27.5

Sunbutter and Jelly Sandwich - 63.7

Cheese Ravioli w/Marinara Sauce - 23.0

BBQ Riblet Sandwich - 44.6

Chicken Caesar Salad - 12.4

Thai Chicken Strips - 12.2

Fish Sticks - 19.0

Tuna Salad Sandwich - 31.8

Popcorn Chicken Salad - 12.0

Chicken 'N' Tots - 62.2

Corn Dog - 27.0

French Toast Sticks - 28.2

Orange Popcorn Chicken w/Broccoli - 38.7

Lomein - 50.7

Chicken Patty Sandwich - 43.3

Rotini w/Meat Sauce - 50.1

Hot Pretzel w/Cheese Sauce - 33.5

Chili Mac - 69.3

Hot Dog on a Bun - 31.1

Bosco Sticks w/Marinara Sauce - 34.2

Ranch Chicken Wrap - 29.9

Meatball Sub - 37.5

Diced Chicken Nachos - 20.2

Roast Turkey & Gravy - 5.3

Spicy Breaded Chicken Sandwich - 38.5

Starch, Vegetables, Fruit and Condiments:

Peas - 10.1	Fresh Carrots - 1.0	Diced Pears - 14.2
Green Beans - 3.5	Fresh Celery - .3	Pineapple Chunks - 14.7
Corn - 14.3	Fresh Cucumbers - 2.7	Sliced Peaches - 11.0
Carrots - 5.0	Fresh Broccoli - 1.7	Mixed Fruit - 11.5
Baked Beans - 29.1	BBQ Sauce Pkt. - 3.0	Applesauce - 21.5
Oven Potatoes - 21.8	Mayo Pkt. - .2	Sliced Apples - 15.4
Brown Rice - 35.0	Mustard Packet - .5	Ketchup Pkt. - 2.3
Corn on the Cob - 29.3	Salsa - 2.0	Ranch Dressing - 8.1
Mashed Potatoes - 19.3	Gravy - 6.3	Mexican Rice - 22.6
Tater Tots - 13.6	Romaine Lettuce - .4	Tomato Wedges - 4.1
Dinner Roll - 13.0	Wheat Bread - 11.9	Saltine Crackers (2) - 4.0
Campfire Beans - 29.7	Vegetarian Baked Beans - 29.0	Pinto Beans - 24.9
Apple Juice - 14.0	Orange Juice - 13.0	Fruit Punch - 14.0