



# January 2020

Happy New Year

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <b>Winter Break</b> <b>No School</b>	<b>Winter Break</b> <b>No School</b>	<b>1</b> <b>Happy New Year</b>	 <b>Winter Break</b> <b>No School</b>	<b>3</b> <b>Winter Break</b> <b>No School</b>	<b>All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.</b>  <b>Offered Daily:</b> Fresh Fruit or vegetables.  <b>Milk Served Daily</b> Skim Chocolate Skim White 1% White  Milk A la carte: \$.50  <b>Student Lunch:</b> \$2.85  <b>Adult Lunch:</b> \$3.25  Our Pizzas are <b>Tony's "SMART" pizza – 25% lower in fat with whole grain crust</b>  <b>WG – Whole Grain Romaine Salads served with Ranch Dressing</b>  <b>Items listed with a red * may contain Pork.</b> 
<b>6</b> 1-Cheese Pizza 2-Chicken Nuggets w/Dinner Roll 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Corn Fresh Broccoli Mixed Fruit	<b>7</b> 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	<b>8</b> 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	<b>9</b> <b>Lucky Tray Day</b> 1-Sloppy Joe Melt 2-Hot Dog 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Black Beans Celery Sticks Applesauce	<b>10</b> 1-Cheese Pizza 2-Toasted Cheese Sandwich Tomato Soup 3-Turkey & Swiss Sand 4-Turkey Chef Salad w/Dinner Roll Spinach Fresh Baby Carrots Diced Peaches	
<b>13</b> 1-Bacon & Egg Patty Melt 2-Chicken Patty Sandwich 3-Ham & Cheese Sand 4- Ham/Turkey Chef Salad w/Dinner Roll Green Beans Fresh Broccoli Mixed Fruit	<b>14</b> 1-Hot Pretzel w/Cheese Sauce 2-Chili Mac 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Sliced Carrots Red Pepper Strips Diced Pears	<b>15</b> <b>Lucky Tray Day</b> 1-Cheese Pizza 2-Bacon & Egg Patty Melt 3-Ham & Cheese Sand 4- Chicken Caesar Salad w/Dinner Roll Green Beans Fresh Zucchini Diced Peaches	<b>16</b> 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	<b>17</b> 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	
<b>20</b> <b>Martin Luther King Day</b>  <b>No School</b>	<b>21</b> 1-Diced Chicken Nachos 2- Chicken Nuggets w/Dinner Roll 3- Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Peas Red Pepper Strips Diced Pears	<b>22</b> 1-Cheese Pizza 2- Macaroni & Cheese 3-Ham & Cheese Sand 4- Chicken Caesar Salad w/Dinner Roll Swt Potato Fries Fresh Zucchini Diced Peaches	<b>23</b> <b>Lucky Tray Day</b> 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	<b>24</b> 1-Cheese Pizza 2-BBQ Riblet* Sandwich 3- Turkey & Swiss Sand 4- Popcorn Chicken Salad w/Dinner Roll Spinach Fresh Baby Carrots Diced Peaches	
<b>27</b> <b>Lucky Tray Day</b> 1-Hamburger on a Bun 2-Chicken Patty Sandwich 3-Ham & Cheese Sand 4- Ham/Turkey Chef Salad w/Dinner Roll Mashed Potatoes Fresh Broccoli Mixed Fruit	<b>28</b> 1-Bosco Sticks w/Marinara Sauce 2-Popcorn Chicken w/Dinner Roll 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Green Beans Red Pepper Strips Diced Pears	<b>29</b> <b>Early Dismissal</b>  <b>No Service</b>	<b>30</b> 1 French Toast Sticks w/Syrup Chicken Sausage Patty 2-Chicken Patty Sandwich 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Baked Beans Celery Sticks Applesauce	<b>31</b> 1-Cheese Pizza 2-Toasted Cheese Sandwich Tomato Soup 3-Ranch Chicken Wrap 4-Turkey Chef Salad w/Dinner Roll Corn Fresh Baby Carrots Diced Peaches	

## 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](http://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  
January Elementary School Menu

Menu Items with Carb. Counts

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

Oranges - 15.7  
Apples - 15.4  
1% White Milk - 13.0  
Skim Chocolate Milk - 24.0  
Skim Milk - 13.0

Menu Items: **Elementary School**

Cheese Pizza - 43.9  
Chicken Nuggets - 15.0  
Turkey and Cheese Sandwich - 27.5  
Sunbutter and Jelly Sandwich - 63.7  
French Toast Sticks - 28.2  
Cheeseburger on a Bun - 30.4  
Orange Popcorn Chicken w/Broccoli - 38.7  
Lomein - 50.7  
Chicken Patty Sandwich - 43.3  
Ham and Cheese Sandwich - 23.8  
Chicken Caesar Salad - 12.4  
Sloppy Joe Melt - 34.9  
Hot Dog on a Bun - 31.1  
Toasted Cheese Sandwich - 27.4  
Tomato Soup - 20.0  
Turkey & Swiss Sandwich - 32.0  
Turkey Chef Salad - 4.9  
Bacon & Egg Patty Melt - 33.4  
Ham/Turkey Chef Salad - 5.2  
Hot Pretzel w/Cheese Sauce - 33.5  
Chili Mac - 69.3  
Bosco Sticks w/Marinara Sauce - 34.2  
Fish Sticks - 19.0  
Ranch Chicken Wrap - 29.9  
Popcorn Chicken Salad - 12.0  
Diced Chicken Nachos - 20.2  
Mac & Cheese - 53.1  
Roast Turkey & Gravy - 5.3  
Spicy Breaded Chicken Sandwich - 38.5  
BBQ Riblet Sandwich - 44.6  
Hamburger on a Bun - 29.4  
Popcorn Chicken Bites - 15.2

## 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