



2019 September

September is Fruit and Vegetable Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Labor Day No School	3 1-Diced Chicken Nachos 2- Chicken Nuggets w/Dinner Roll 3- Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Peas Red Pepper Strips Diced Pears	4 1-Cheese Pizza 2- Macaroni & Cheese 3-Ham & Cheese Sand 4- Chicken Caesar Salad w/Dinner Roll Swt Potato Fries Fresh Zucchini Diced Peaches	5 Lucky Tray Day 1-Turkey with Gravy 2-Spicy Chicken Patty Sandwich 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Mashed Potatoes Celery Sticks Applesauce	6 1-Cheese Pizza 2-BBQ Riblet* Sandwich 3- Turkey & Swiss Sand 4- Popcorn Chicken Salad w/Dinner Roll Spinach Fresh Baby Carrots Diced Peaches	All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act. Offered Daily: Fresh Fruit or vegetables. Milk Served Daily Skim Chocolate Skim White 1% White Milk A la carte: \$.50 Student Lunch: \$2.85 Adult Lunch: \$3.25 Our Pizzas are Tony's "SMART" pizza – 25% lower in fat with whole grain crust WG – Whole Grain Romaine Salads served with Ranch Dressing Items listed with a red * may contain Pork.
9 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	10 Lucky Tray Day 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	11 1-Cheese Pizza 2-Hot Dog 3-Ham & Cheese Sand 4-Chicken Caesar Salad w/Dinner Roll Glazed Carrots Fresh Zucchini Diced Peaches	12 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	13 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	
16 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	17 1-Cheese Pizza 2-BBQ Chicken Sandwich 3- Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Tater Tots Red Pepper Strips Diced Pears	18 1-Cheese Ravioli w/Marinara Sauce Bread Stick 2-BBQ Riblet* Sandwich 3-Tuna Salad Sandwich 4- Chicken Caesar Salad w/Dinner Roll Sweet Potatoes Fresh Zucchini Diced Peaches	19 Lucky Tray Day 1-Thai Chicken Strips Rice 2-Chicken Nuggets w/Dinner Roll 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand French Fries Celery Sticks Applesauce	20 1-Cheese Pizza 2- Fish Sticks w/Mac Veg Salad 3-Ham, Turkey & Cheese Sand 4- Popcorn Chicken Salad w/Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Peaches	
23 Meatloaf w/Gravy Dinner roll 2-Corn Dog 3-Ham & Cheese Sand 4- Ham/Turkey Chef Salad w/Dinner Roll Mashed Potatoes Fresh Broccoli Mixed Fruit	24 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	25 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	26 Lucky Tray Day 1-Sloppy Joe Melt 2-Hot Dog 3-Turkey & Cheese Sand 4- Sunbutter & Jelly Sand Black Beans Celery Sticks Applesauce	27 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	
30 1-Cheeseburger on a Bun 2-Chicken Patty Sandwich 3-Ham & Cheese Sand 4- Ham/Turkey Chef Salad w/Dinner Roll Green Beans Fresh Broccoli Mixed Fruit					

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
September 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**

Diced Chicken Nachos - 20.2
Chicken Nuggets - 15.0
Turkey and Cheese Sandwich - 27.5
Sunbutter and Jelly Sandwich - 63.7
Cheese Pizza - 43.9
Mac & Cheese - 53.1
Ham and Cheese Sandwich - 23.8
Chicken Caesar Salad - 12.4
Roast Turkey & Gravy - 5.3
Spicy Breaded Chicken Sandwich - 38.5
BBQ Riblet Sandwich - 44.6
Turkey & Swiss Sandwich - 32.0
Popcorn Chicken Salad - 12.0
Hamburger on a Bun - 29.4
Chicken Patty Sandwich - 43.3
Ham/Turkey Chef Salad - 5.2
Bosco Sticks w/Marinara Sauce - 34.2
Popcorn Chicken Bites - 15.2
Hot Dog on a Bun - 31.1
French Toast Sticks - 28.2
Chicken Sausage Patty - 2.0
Toasted Cheese Sandwich - 27.4
Tomato Soup - 20.0
Ranch Chicken Wrap - 29.9
Turkey Chef Salad - 4.9
Cheeseburger on a Bun - 30.4
BBQ Chicken Sandwich - 41.3
Cheese Ravioli w/Marinara Sauce - 23.0
Tuna Salad Sandwich - 31.8
Thai Chicken Strips - 12.2
Fish Sticks - 19.0
Ham, Turkey & Cheese Sandwich - 33.5
Meatloaf w/Gravy - 7.0
Corn Dog - 27.0
Orange Popcorn Chicken w/Broccoli - 38.7
Lomein - 50.7
Sloppy Joe Melt - 34.9

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