

Wheeling CCSD #21 Middle School Lunch

April

Offered Daily:
 Chicken Patty / WW Bun
 Cheeseburger / WW Bun
 Whole Wheat Pizza Slice
 Deli Sandwich Made to Order

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
30 Beef Hot Dog *Chicken Salad Wrap Antipasto Salad Tator Tots *Carrot Sticks w/ Ranch *Applesauce	31 Chicken Nuggets & Roll *Hamburger Chef Salad *Potato Wedges *Seasoned Broccoli *Mandarin Oranges	1 *Chicken Fajitas Yogurt & Fruit Platter Hawaiian Pizza *Refried Beans *Carrot Sticks *Banana	2 French Toast Sticks & Syrup *Chicken Patty Sandwich Chef Salad *Tossed Salad w/ Dressing Fruit Crisp *Fresh Apple	3 *Nachos w/Brown Rice Three Cheese Salad *Carrot Sticks *South west Beans *Mixed Fruit	Cal 788 T.Fat 24.94 G S.Fat 8.3 G Chol 60.4 Mg Sodm 1648.32 Mg Carb 107.47 G Fiber 8.7 G Prtn 34.14 G Iron 4.81 Mg Calc 561.54 Mg
6 Oven Fried Chicken w/ Roll *Hamburger BBQ Chicken Salad *Potato Wedges *Carrot Coins *Fresh Orange	7 Beef & Bean Burrito *Chicken Patty Sandwich Taste of the Sea Salad *Garden Salad *Applesauce Pudding Parfait	8 Ham & Cheese on Bagel *Chicken Caesar Salad Bacon Pizza Green Beans & Corn *Mandarin Oranges Animal Crackers	9 *Pasta w/ Sauce "Fried" Chicken Salad Parmesan Breadstick *Carrot Coins *Fresh Orange	10 HOLIDAY No School	Cal 783 T.Fat 22.82 G S.Fat 8.0 G Chol 66.1 Mg Sodm 1596.34 Mg Carb 108.37 G Fiber 8.0 G Prtn 35.59 G Iron 5.57 Mg Calc 555.03 Mg
13 Corn Dog Antipasto Salad *Tuna Salad Wrap Tator Tots *Applesauce *Fresh Pear	14 Popcorn Chicken *Hamburger Taste of the Sea Salad *Oven French Fries *Carrot Coins *Golden Pineapple	15 Italian Meatball Sub *Chicken Caesar Salad BBQ Chicken Pizza Seasoned Broccoli Mixed Fruit *Banana	16 Chicken Parmesan Sandwich *Neopolitan Hero Chef Salad Seasoned Corn *Green Goddess Salad *Pears	17 Half Day Breakfast Only *These items taken along with a 1% milk comprise a Balanced Choice Meal, "better-for-you" choices.	Cal 783 T.Fat 24.32 G S.Fat 8.4 G Chol 54.3 Mg Sodm 1662.81 Mg Carb 107.88 G Fiber 8.4 G Prtn 33.67 G Iron 4.51 Mg Calc 560.76 Mg
20 Beefy Ravioli w/ Roll & Jelly *Chicken Caesar Salad Carrot Coins *Peaches Chocolate Pudding	21 *Chicken Fajitas Yogurt & Fruit Platter *Fiesta Rice *Seasoned Corn *Fresh Orange	22 French Toast Sticks & Syrup *Chicken Caesar Salad BBQ Chicken Pizza Garden Salad Applesauce *Banana	23 *Chicken Lo Mein w/Roll Taste of the Sea Salad *Seasoned Carrots *Pears Animal Crackers	24 Hard Shell Tacos *Chicken Patty Sandwich Three Cheese Salad *Garden Salad *Mandarin Oranges Chocolate Pudding	Cal 792 T.Fat 21.39 G S.Fat 7.0 G Chol 53.5 Mg Sodm 1679.67 Mg Carb 117.60 G Fiber 6.8 G Prtn 33.46 G Iron 4.71 Mg Calc 565.39 Mg
27 *Bosco Sticks / Sauce Chicken Salad Wrap "Fried" Chicken Salad *Carrot Sticks Animal Crackers *Fresh Orange	28 Macaroni & Cheese *Chicken Caesar Salad Green Beans Pears *Fresh Apple	29 Ham & Cheese on Bagel Chef Salad *South of the Border Pizza *Seasoned Corn *Mandarin Oranges Oatmeal Raisin Cookie	30 Corn Dog Antipasto Salad *Tuna Salad Wrap Tator Tots *Applesauce *Fresh Pear	1 *Nachos w/ Brown Rice BBQ Chicken Salad *Carrot Sticks *South west Beans *Banana	Cal 787 T.Fat 23.33 G S.Fat 8.5 G Chol 59.6 Mg Sodm 1727.41 Mg Carb 111.70 G Fiber 7.7 G Prtn 33.36 G Iron 5.09 Mg Calc 584.05 Mg

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells. Menu subject to change without notice.

For questions about the menu, please call the food service office at (847) 279-3451 or e-mail unit16399@compass-usa.com.