

March

2018

Hawthorn School District #73 Elementary Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Lunch \$2.80 (Milk included with meal) Milk 50¢ Offered Daily: Fat Free Flavored 1% White		1 Homemade Chicken and Vegetable Stew 10 with a Whole Grain Biscuit 29 or Cheese Pizza Slice 27 V Cucumber Slices 2 Juicy Blueberries 10	2 Crispy Chicken Sandwich 39 or Fluffy Buttermilk Pancakes 30 V w/Seasoned Sausage Patties 2 Raw Broccoli Buds 5 Applesauce 14
5 No School Casimir Pulaski Day	6 Crispy Chicken Sandwich 39 or Whole Grain Mini Turkey Corn Dogs 30 BBQ Baked Beans 20 Orange Wedges 11	7 Homemade Chicken Fried Rice 46 or Crispy Chicken Tenders 13 Steamed Broccoli 5 Mixed Fruit Cocktail 15	8 Sun Butter and Apple Slices on an Ultra Grain Tortilla or Mozzarella Stuffed Whole Grain Breadstick 32 V Cucumber Slices 2 Dried Cranberries 28	9 Homemade Cheesy Chicken, Broccoli & Rice Bake 28 or Finger Fun French Toast Sticks 23 V w/Scrambled Egg Patty 1 Romaine Salad 2 Cling Peaches 14
12 Whole Grain Bosco Sticks 30 or Turkey Nachos w/Mexican Seasoning on Whole Grain Corn Chips 44 Black Beans 20 Juicy Blueberries 10	13 Grilled Cheeseburger on a Whole Grain Bun 30 or Whole Grain Mini Turkey Corn Dogs 30 Green Beans 4 Crisp Apple 8	14 Whole Grain Rotini Pasta w/Italian Bolognese Sauce 29 or Crispy Oven Baked Chicken Nuggets 13 Romaine Salad 2 Sliced Strawberries 23	15 Crispy Chicken Sandwich 39 or Pepperoni Pizza Slice 27 Baked Potato Rounds 19 California Raisins 30	16 Homemade Cheese Quesadilla on an Ultra Grain Tortilla 31 V or Fluffy Buttermilk Pancake 30 V w/Seasoned Sausage Patties 2 Cucumber Slices 2 Mixed Fruit Cocktail 15
19 Italian Meatball Sub w/ Mozzarella Cheese & Tomato Basil Sauce 37 or Tasty Turkey Tacos with Southwest Seasoning and Cheddar Cheese 35 Raw Broccoli Buds 5 Orange Wedges 11	20 Sweet & Spicy Sticky Finger Wrap 61 or Whole Grain Mini Turkey Corn Dogs 30 Whole Kernel Corn 15 Bartlett Pears 16	21 Homemade Creamy Chicken Alfredo Bake w/Mozzarella Cheese 27 or Crispy Popcorn Chicken 13 Baked Potato Rounds 19 Applesauce 14	22 Crispy Chicken Sandwich 39 or Mozzarella Stuffed Whole Grain Breadstick 32 V BBQ Baked Beans 20 Cling Peaches 14	23 Homemade Chicken Fried Rice 46 or Finger Fun French Toast Sticks 23 V w/Scrambled Egg Patty 1 Cucumber Slices 2 Sliced Strawberries 23
26	27	28	29	Neither Hawthorn School District 73, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.
Enjoy your Spring Break!				

Farm Fresh Produce
featuring... **Beets**
Beets have a sweet flavor. They taste like a mixture of carrots and tomatoes!

Available Daily
Vegetarian Student Salad **36** V w/Cheddar Cheese
Sun Butter & Jelly Sandwich **64** V
Turkey & Cheese Sub **29**
Chicken Caesar Salad **29**
Fruity Yogurt & Grain Plate **67** V
Fresh Fruit & Veggie Bar

Beets are high in immune-boosting vitamin C. Watch for recipes with Beets on the Fruit & Veggie Bars!

Questions
Call Marybeth Sprague
Food Service Director
847-990-4418
Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
For more information or to "Ask the Dietitian", check out our website!

(*) Contains Pork

(V) Indicates a Vegetarian Entrée

Carbohydrates noted in Red are per manufacturer

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