

Wood Dale School District 7 Elementary Lunch Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
Institute Day	Crunchy Mini Corndogs Or **Chicken Nuggets Seasoned Corn Garden Salad Assorted Fresh Fruit	Egg Cheese and Sausage Muffinwich Or French Toast Sticks Turkey Sausage Baby Carrots w/Ranch 100% Fruit Juice	**Chicken Strips Or Crispy Chicken Sandwich Garden Salad Vegetarian Beans Applesauce	Cheese Pizza Or Turkey Sausage Pizza Steamed Broccoli Sliced Cucumber Assorted Fresh Fruit
14	15	16	17	18
Hot Dog Or *BBQ Ribette Sandwich Veggie Beans Spinach/Tomatoes Assorted Fresh Fruit	Chicken Sandwich Or Cheeseburger Steamed Carrots Cucumber Slices w/Ranch 100% Fruit Juice	Meatball Sub Or Beef Bean & Cheese Burrito Sweet Corn Zesty Salsa Red Apple	Chicken Tenders w/Roll Or Hamburger Seasoned Broccoli Tri-Tater (1) 100% Fruit Juice	Pizza Dippers w/Marinara Or Double Stuffed Pizza Green Beans Baby Carrots/Ranch Applesauce Cup
21	22	23	24	25
No School	Nacho Supreme Or Cheese Quesadilla Refried Beans Spanish Rice Assorted Fresh Fruit	Turkey and Gravy Or Salisbury Steak Dinner Roll Mashed Potatoes Baby Carrots/Ranch Assorted Fresh fruit	Mini Corn Dogs Or Pizza Dippers w/Marinara Garden Salad Cucumber Slices 100% Fruit Juice	Cheese Pizza Or Cheesy Garlic Flatbread Tiny Tomatoes Garbanzo Beans Applesauce
28	29	30	31	
Turkey & Cheese Sub Or Hot Dog Sliced Cucumber Red Pepper Strips Applesauce	Lasagna Roll Up Or Meatball Bomber Garden Salad Assorted Fresh Fruit	BBQ Rib Sandwich Or Egg, Cheese and Sausage Muffinwich Tri-Tater 100% Fruit Juice	Chicken Nuggets with Soft Pretzel Or Mini Corndogs Baby carrots & Corn Assorted Fresh Fruit	

Lunch \$2.85 A Variety of Milk is included with Meal	Milk \$.55
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Questions about the menu?
 Nina Walters
amanager@wdsd7.org
 630-766-6250

For more information
 or to "Ask the Dietitian",
 check out our website!




Available Daily:
Peanut Butter & Jelly

Garden Salad
With a Pretzel Roll

(*) Contains Pork
 (**) Served With a Roll
 Menu changes are occasionally
 necessary. Notice will be given when
 possible.

This institution is an equal opportunity
 employer.