



2017

May

May is Physical Fitness and Sports Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Cheese Quesadilla Cubano* Flatbread Sandwich Chicken and Cheese Wrap Chef Salad w/Dinner Roll Corn Fresh Broccoli Mixed Fruit	2 Chili Cheese Dog Spicy Chicken Patty Sandwich Chicken Nuggets Baked WG Breadstick Turkey & Cheese Wrap Green Beans Fresh Zucchini Applesauce	3 Orange Popcorn Chicken w/ Broccoli Cilantro Lime Rice Taco Cheeseburger Ham & Cheese Sandwich Chicken Chef Salad Dinner Roll Mashed Sweet Potatoes Fresh Cucumber Slices Diced Pears	4 Bacon Cheeseburger Penne Alfredo w/Chicken Baked WG Breadstick Cheeseburger on a Bun Turkey & Cheese Sand. Kickin' Pinto Beans Celery Sticks Applesauce	5 Chicken Tacos Mexican Spiced Rice Corn Dog Ranch Chicken Wrap Popcorn Chicken Salad Dinner Roll Peas Fresh Zucchini Diced Pears	All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act. Offered Daily: Fresh apples & oranges Homemade Pizza Burgers Chicken Patty Sandwich Milk Served Daily Skim Chocolate Skim White 1% White Milk A la carte: \$.60 Student Lunch: \$2.75 Adult Lunch: \$3.15 Items listed with a red * may contain Pork.
8 Alfredo Chicken Flatbread Pizza Meatball Sub Turkey & Cheese Sand Fajita Chicken Salad Dinner Roll Corn Fresh Broccoli Mixed Fruit	9 Chicken Mashed Potato Bowl Alfredo Chicken Flatbread Pizza Chicken Nuggets Dinner Roll Turkey & Cheese Wrap Carrots Fresh Cucumber Slices Applesauce	10 Alfredo Chicken Flatbread Pizza Baked Inside/Out Penne Pasta Tuna Salad Wrap Chef Salad w/Dinner Roll Green Beans Celery Sticks Diced Pears	11 Alfredo Chicken Flatbread Pizza Spicy Chicken Sandwich Chicken Nuggets Baked WG Breadstick Turkey & Cheese Sand Vegetarian Baked Beans Fresh Cucumber Slices Applesauce	12 Alfredo Chicken Flatbread Pizza Fish Sandwich w/Cheese Ranch Chicken Wrap Popcorn Chicken Salad Dinner Roll Peas Fresh Zucchini Diced Pears	
15 Pancakes Chicken Sausage Patty Chili Lime & Beef Pizza Turkey & Cheese Sand Fajita Chicken Salad Dinner Roll Corn Fresh Broccoli Mixed Fruit	16 Rotini w/ Meat Sauce Chili Lime & Beef Pizza Spicy Chicken Poppers Baked WG Breadstick Turkey and Cheese Wrap Carrots Celery Sticks Diced Peaches	17 Chicken Pot Pie Chili Lime & Beef Pizza Ham & Cheese Sandwich Chef Salad w/Dinner Roll Green Beans Fresh Baby Carrots Diced Pears	18 Chili Lime & Beef Pizza Spicy Chicken Sandwich Chicken Nuggets Baked WG Breadstick Turkey & Cheese Sand Vegetarian Baked Beans Fresh Zucchini Applesauce	19 Chili Lime & Beef Pizza Fish Tacos Ranch Chicken Wrap Popcorn Chicken Salad Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Pears	
22 Pizza Sticks w/Marinara Sauce Spicy Chicken Sandwich Chicken and Cheese Wrap Chef Salad w/Dinner Roll Corn Fresh Broccoli Mixed Fruit	23 Rotini w/ Meat Sauce Chili Cheese Dog Spicy Popcorn Chicken Bowl Turkey & Cheese Wrap Green Beans Fresh Red Pepper Strips Diced Peaches	24 Broccoli & Cheese Baked Potato Pizza Burger Chicken Salad Sandwich Chicken Chef Salad w/Dinner Roll Carrots Fresh Zucchini Diced Pears	25 Chicken Enchilada Mexican Spiced Rice Grilled Turkey and Swiss Popcorn Chicken Dinner Roll Turkey & Cheese Sand Vegetarian Baked Beans Celery Sticks Applesauce	26 Gen Tso Chicken w/Rice Toasted Cheese Sandwich Tomato Soup Ranch Chicken Wrap Popcorn Chicken Salad Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Pears	
29 Memorial Day No School	30 Chicken Mashed Potato Bowl Jerk Chicken & Cheddar Flatbread Spicy Chicken Sandwich Turkey & Cheese Sand Carrots Fresh Broccoli Diced Peaches	31 Manager's Choice Entree Spicy Chicken Poppers Baked WG Breadstick Ranch Chicken Wrap Chef Salad w/Dinner Roll Vegetarian Baked Beans Celery Sticks Diced Pears	6/1 Manager's Choice Entree Corn Dog Chicken Nuggets Dinner Roll Turkey & Cheese Wrap Corn Celery Sticks Applesauce	6/2 Manager's Choice Entree Spicy Chicken Sandwich Ham & Cheese Sandwich Popcorn Chicken Salad Dinner Roll Green Beans Fresh Baby Carrots Diced Pears	

North Palos – Conrady Junior High



Treat Yourself Right
 A healthier you means treating yourself right.
 Eating the right foods and being active are the first steps.

Menus are subject to change without notice.



North Palos School District 117

May Junior High School Menu

Menu Items with Carb. Counts

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

Oranges - 15.7	1% White Milk - 13.0
Apples - 15.4	Skim Chocolate Milk - 24.0
Pepperoni Pizza - 47.5	Skim Milk - 13.0
Cheese Pizza - 47.4	Hamburger on a Bun - 29.4
Cheeseburger on a Bun - 30.4	

Menu Items: **Junior High School**

Cheese Quesadilla - 31.0
Cubano Flatbread Sandwich – 31.8
Chicken & Cheese Wrap - 32.6
Chef Salad - 4.9
Chili & Cheese Dog on a Bun - 70.5
Spicy Breaded Chicken Sandwich - 38.5
Chicken Nuggets - 15.0
Turkey and Cheese Wrap - 32.5
Orange Popcorn Chicken w/Broccoli - 38.7
Taco Cheeseburger - 28.9
Ham and Cheese Sandwich - 23.8
Chicken Chef Salad - 5.1
Bacon Cheeseburger - 29.1
Penne Alfredo with Chicken - 26.8
Cheeseburger on a Bun - 30.4
Turkey and Cheese Sandwich - 27.5
Chicken Tacos - 30.2
Corn Dog - 27.0
Ranch Chicken Wrap - 29.9
Popcorn Chicken Salad - 12.0
Alfredo Chicken Flatbread Pizza - 34.4
Meatball Sub - 37.5
Fajita Chicken Salad - 15.9
Chicken Mashed Potato Bowl - 55.8
Baked Inside/Out Penne Pasta - 60.9
Tuna Salad Wrap - 30.1
Fish Sandwich with Cheese - 43.6
Pancakes w/Syrup - 71.0
Chicken Sausage Patty - 2.0
Chili Lime and Beef Pizza --36.5
Rotini w/Meat Sauce - 50.1
Spicy Popcorn Chicken - 18.7
Chicken Pot Pie - 36.1
Fish Tacos - 50.7
Pizza Sticks with Marinara Sauce - 41.7

Spicy Popcorn Chicken Bowl - 49.7
Broccoli & Cheese Baked Potato - 34.0
Pizza Burger - 32.5
Chicken Salad Sandwich - 28.8
Chicken Enchilada - 23.8
Toasted Turkey and Swiss Reuben - 30.7
Popcorn Chicken Bites - 15.2
Gen Tso Chicken - 58.5
Toasted Cheese Sandwich - 27.4
Tomato Soup - 20.0
Jerk Chicken & Cheddar Flatbread - 36.8

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	Mexican Rice - 22.6	Tomato Wedges - 4.1
Tater Tots - 13.6	Romaine Lettuce - .4	Saltine Crackers (2) - 4.0
Dinner Roll - 13.0	Wheat Bread - 11.9	Pinto Beans - 24.9
Campfire Beans - 29.7	Vegetarian Baked Beans - 29.0	Fruit Punch - 14.0
Apple Juice - 14.0	Orange Juice - 13.0	