

North Palos Conrady Junior High School

September 2021

8/30

Chicken Nuggets
Dinner Roll
or
Turkey Ham & Cheddar
Sandwich

Baby Carrots
100% Fruit Juice

8/31

Hot Dog
or
Ranch Chicken Wrap

Green Beans
Diced Peaches

9/1

French Toast Sticks
String Cheese
or
Sunbutter & Jelly Sandwich

Corn
Fresh Apple

2

Cheeseburger
or
Sunbutter & Jelly Sandwich

Tater Tots
100% Fruit Juice

3

**Early
Dismissal**

No Lunch

6

Labor Day

No School

7

Hamburger
or
Sunbutter & Jelly Sandwich

Baby Carrots
Applesauce

8

Chicken Nuggets
Soft Pretzel
or
Ranch Chicken Wrap

Green Beans
100% Fruit Juice

9

Pancakes W/Syrup
or
Turkey & Cheese Sandwich

Romaine Salad
100% Fruit Juice

10

Pizza Sticks
or
Sunbutter & Jelly Sandwich

Celery Sticks
100% Fruit Juice

13

Chicken Patty Sandwich
or
Turkey Ham & Cheddar
Sandwich

Baby Carrots
Fresh Apple

14

Soft Shell Tacos
or
Ranch Chicken Wrap

Baked Beans
Applesauce

15

Hot Dog
or
Sunbutter & Jelly Sandwich

Corn
Diced Peaches

16

Popcorn Chicken
W/Dinner Roll
or
Turkey & Cheese Sandwich

Tater Tots
100% Fruit Juice

17

Corn Dog
or
Chicken Ham & Cheese
Sandwich

Celery Sticks
Fresh Orange

20

Pizza Sticks
or
Turkey Ham & Cheddar
Sandwich

Baby Carrots
100% Fruit Juice

21

Chicken Patty Sandwich
or
Sunbutter & Jelly Sandwich

Fresh Broccoli
Diced Peaches

22

Chicken Nuggets
Soft Pretzel
or
Ranch Chicken Wrap

Corn
Fresh Apple

23

Cheeseburger
or
Sunbutter & Jelly Sandwich

Romaine Salad
100% Fruit Juice

24

Mac & Cheese
or
Turkey & Cheese Sandwich

Celery Sticks
Applesauce

27

Chicken Nuggets
Dinner Roll
or
Turkey Ham & Cheddar
Sandwich

Baby Carrots
100% Fruit Juice

28

Hot Dog
or
Ranch Chicken Wrap

Green Beans
Diced Peaches

29

French Toast Sticks
String Cheese
or
Sunbutter & Jelly Sandwich

Corn
Fresh Apple

30

Cheeseburger
or
Sunbutter & Jelly Sandwich

Tater Tots
100% Fruit Juice

10/1

Italian Mozzarella Melt
or
Turkey & Cheese Sandwich

Celery Sticks
Applesauce

Student Lunch Free to all students

Milk Offered Daily as part of lunch

**All menus meet or exceed current USDA or state-specific
Dietary Guidelines for the Healthy, Hunger-Free Kids Act.**

Items listed with a **RED*** may contain Pork

All of our grain products are whole-grain rich

Menus are subject to change without notice