




APRIL 2010
PROSPECT HEIGHTS SCHOOL DISTRICT 23
EISENHOWER SCHOOL
LUNCH MENU

We're thinking green, are you ?

Lunch \$ 2.50
 Milk 55¢
 10 Day Tickets \$25.00
 20 Day Tickets \$50.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>School Lunch - A Healthy Choice</i> <i>A great value!</i>		1 BAKED CHICKEN NUGGETS OR BAGEL & CREAM CHEESE GARDEN SALAD w/Low Fat Dressing FRESH ORANGE SMILES	2 NON ATTENDANCE DAY
5 MINI CORN DOG OR CHICKEN SANDWICH SEASONED GREEN BEANS 100% APPLE JUICE	6 NACHO SUPREME w/Taco Meat & Cheese Sauce OR HAMBURGER LETTUCE & CHEESE CHILLED APPLESAUCE	7 *BBQ RIB SANDWICH OR CHICKEN CAESAR SALAD POTATO ROUNDS MANDARIN ORANGES	8 PASTA w/Cheese Sauce OR CONEY ISLAND CORN DOG GARDEN SALAD w/Low Fat Dressing DICED PEACHES	9 PIZZA DIPPERS w/Sauce OR CHICKEN NUGGETS WHOLE KERNEL CORN 100% FRUIT JUICE
12 NACHO SUPREME w/Taco Meat & Cheese Sauce OR CONEY ISLAND CORN DOG CARROT COINS 100% APPLE JUICE	13 CHEESEBURGER OR CHICKEN SANDWICH MIXED VEGETABLES FRESH ORANGE SMILES	14 PIZZA DIPPERS w/Sauce OR GRILLED CHEESE FRESH BABY CARROTS SWEET PEARS	15 SALISBURY STEAK OR *BAKED CHICKEN NUGGETS WHIPPED POTATOES w/Gravy DICED PEACHES	16 CHEESE PIZZA OR HOT DOG WHOLE KERNEL CORN CHILLED APPLESAUCE
19 HOT DOG OR HAMBURGER SEASONED GREEN BEANS 100% APPLE JUICE	20 BAKED CHICKEN NUGGETS OR *BBQ RIB SANDWICH POTATO ROUNDS CHILLED APPLESAUCE	21 PASTA w/Cheese Sauce OR CHICKEN SANDWICH GARDEN SALAD w/Low Fat Dressing 100% FRUIT JUICE	22 FRENCH TOAST STICKS w/*Sausage & Syrup OR MINI CORN DOGS POTATO ROUNDS FRESH ORANGE SMILES	23 PIZZA DIPPERS w/Sauce OR MEATBALL BOMBER w/Marinara Sauce & Cheese CARROT CHIPS SWEET PEARS
26 LET'S LIMBO!!! NACHO SUPREME w/Taco Meat & Cheese Sauce OR HOT DOG CARROT CHIPS w/Dip SWEET PEARS	27 LET'S LIMBO!!! BEEFY MAC OR CHEESEBURGER SEASONED GREEN BEANS CHILLED APPLESAUCE	28 LET'S LIMBO!!! CHICKEN SANDWICH OR GRILLED CHEESE TOMATO SOUP SWEET PEARS	29 LET'S LIMBO!!! PRETZEL & CHEESE OR BAKED CHICKEN NUGGETS MIXED VEGETABLES 100% FRUIT JUICE	30 HALF DAY NO LUNCH SERVED

Milk variety offered daily.

** Please Note **

Menu changes may be necessary. Notice will be given when possible.

* Contains Pork

Make choices for a healthy lifestyle!

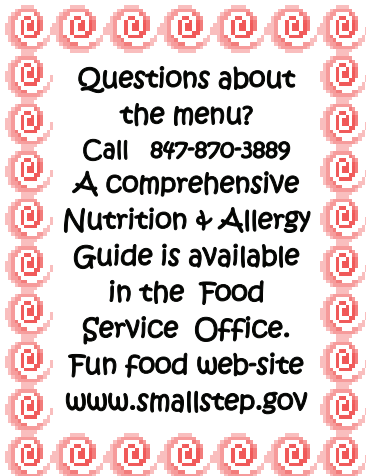
- Eat a variety of food
- Eat more fruits, vegetables & grains
- Eat lower fat foods more often
- Get your calcium rich foods
- Be physically active

These behaviors can make a big difference in the way you look, feel, and your health!

Deli Bar will be available on Wednesday's.

APRIL PROMOTION
LIMBO FOR LUNCH MONTH

Win a gift card - details available at each school



Questions about the menu?

Call 847-870-3889

A comprehensive Nutrition & Allergy

Guide is available in the Food

Service Office.

Fun food web-site

www.smallstep.gov