

October 2020

South Holland SD 150 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 Daily Breakfast Specials: Berry Cheerio Bar Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>6 Daily Breakfast Specials: Apple Fruitel Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>7 Daily Breakfast Specials: Blueberry Muffins Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>1 Daily Breakfast Specials: Mini French Toast Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>2 Daily Breakfast Specials: Wheat Bagel Strawberry Cream Cheese Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>
<p>12 Daily Breakfast Specials : WF Lucky Charms Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>13 Daily Breakfast Specials: Zucchini Bread Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>14 Daily Breakfast Specials: Triple Cherry Yogurt Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>8 Daily Breakfast Specials: Buttermilk Biscuits Turkey Sausage Patties Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>9 Daily Breakfast Specials: Strawberry Oatmeal Bars Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>
<p>19 Daily Breakfast Specials: Golden Graham Cereal Bar Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>20 Daily Breakfast Specials: Cinnamon Bagel-ful Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>21 Daily Breakfast Specials: Apple Cinnamon Muffins Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>15 Daily Breakfast Specials: Mini Pancake Sausage Wrap Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>16 Daily Breakfast Specials: Wild Blueberry Mini Loaf Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>
<p>26 Daily Breakfast Specials: WG Trix Cereal Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>27 Daily Breakfast Specials: Raisin Bagel Plain Cream Cheese Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>28 Daily Breakfast Specials: Banana Muffin Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>22 Daily Breakfast Specials: Mini Pancake Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>23 Daily Breakfast Specials: WG Cake Donut Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>
		<p>29 Daily Breakfast Specials: Granola Oatmeal Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>29 Daily Breakfast Specials: Granola Oatmeal Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>	<p>30 Daily Breakfast Specials: Buttermilk Biscuits Turkey Sausage Patties Seasonal Fruit</p> <p>Choice of Milk Cereal Option Offered Daily</p>



Breakfast \$1.40
(Milk included with meal)

Milk: 4%
Served Daily:
Fat Free Flavored
1% Whole
Chocolate Milk Low Fat
Strawberry Milk

The best way to start off each day on the right foot, is to eat a balanced breakfast!

Questions

Food Service Manager
708-339-4240 Ext. 129

Menu changes may be necessary
Notice will be given when possible

October 2020

South Holland SD 150 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Walking Beef Tacos WG Doritos Salsa Seasonal Fruit Choice of Milk	6 Beef Burger Sliced American Cheese Carrots Seasonal Fruit Choice of Milk	7 Papa John's Cheese Pizza Hummus Red Bell Peppers Green Bell Peppers Seasonal Fruit Choice of Milk	1 Beef Mostaccioli Fresh Broccoli Bites Garlic Bread Seasonal Fruit Choice of Milk	2 Mashed Potato Bowl WG Popcorn Chicken Mashed Potatoes Corn Seasonal Fruit Choice of Milk
12 COLUMBUS DAY NO SCHOOL	13 Mini Corn Dogs Fresh Broccoli Bites Seasonal Fruit Choice of Milk	14 Papa John's Cheese Pizza Hummus Red Bell Peppers Green Bell Peppers Seasonal Fruit Choice of Milk	8 Beef Mostaccioli WG Sliced Dinner Roll Broccoli Seasonal Fruit Choice of Milk	9 Chicken & Gravy Brown Rice Corn Seasonal Fruit Choice of Milk
19 Beef Hot Dog Carrots Seasonal Fruit Choice of Milk	20 Teriyaki Sauce Diced Chicken Vegetable Fried Rice Seasonal Fruit Choice of Milk	21 Papa John's Cheese Pizza Hummus Red Bell Peppers Green Bell Peppers Seasonal Fruit Choice of Milk	15 Sloppy Joe on a Roll Oven Fries Seasonal Fruit Choice of Milk	16 Chicken Fajita WG Tortillas Corn and Beans Choice of Milk
26 Chicken Egg Roll Vegetable Fried Rice Seasonal Fruit Choice of Milk	27 Cheese Beef Slider WG Sliced Dinner Roll Carrots Seasonal Fruit Choice of Milk	28 Papa John's Cheese Pizza Hummus Red Bell Peppers Green Bell Peppers Broccoli/Seasonal Fruit Choice of Milk	22 Macaroni & Cheese Broccoli Seasonal Fruit Choice of Milk	23 Beef Burger Sliced American Cheese WG Burger Bun Fresh Sliced Tomatoes Leaf Romaine Seasonal Fruit Choice of Milk
			29 Chicken Taco Salsa Mexicali Corn WG Tortillas Seasonal Fruit Choice of Milk	30 Chili Mac Romaine Garden Salad Seasonal Fruit Choice of Milk



Lunch \$2.70
(Milk included with meal)
Milk 40¢
Offered Daily:
Fat Free Flavored
1% White
Chocolate Milk Low Fat
Strawberry Milk

Eat Fruits and
Vegetables
With Every Meal!

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