



Laraway CCSD 70C  
Pre-k through 8<sup>th</sup> Grade  
**Lunch Menu- September 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 2nd</b>  <b>NO SCHOOL</b> 	<b>September 3<sup>rd</sup></b>  Beef Meatloaf, Steamed Cauliflower & Gravy, WG Biscuit, Fresh Apple, Milk	<b>September 4<sup>th</sup></b>  Turkey/Cheese Sub, WG Doritos, Sliced Orange, Hot Corn, Milk	<b>September 5<sup>th</sup></b>  Chicken garden Wrap (WG) BBQ Beans, Grapes (k-8) Fresh fruit* (pre-k) Milk	<b>September 6<sup>th</sup></b>  Hawaiian BBQ Meatballs, Steamed rice (WG,) Fresh Broccoli with ranch, Apple slices, Milk
<b>September 9<sup>th</sup></b>  Beef ravioli with Tomato sauce, WG breadstick, Romaine Salad with dressing, Milk	<b>September 10<sup>th</sup></b>  Ham & Cheese on Pretzel Bun, WG Animal Crackers, Pineapple, Celery/ranch, Milk	<b>September 11<sup>th</sup></b>  Chicken & Rice Burrito bowl, WG Churro, Banana, Fresh Carrots, Milk	<b>September 12<sup>th</sup></b>  Steak & Potato Soup, WG Cornbread, Fresh Pear, Milk	<b>September 13<sup>th</sup></b>  WG Pepperoni & Cheese Pizza, Roasted-crunchy Chickpeas, Watermelon, Milk
<b>September 16<sup>th</sup></b>  Turkey/Cheese Sub, WG Sunchips, Sliced Orange, Celery/Ranch, Milk	<b>September 17<sup>th</sup></b>  Chicken Fettuccine Alfredo, Steamed Broccoli, WG Garlic Toast, Fresh Cantaloupe, Milk	<b>September 18<sup>th</sup></b>  Beef Hotdog on WG Bun, Potato Wedges, Shortbread Cookies, Diced Peaches, Milk	<b>September 19<sup>th</sup></b>  Crispy Chicken Salad with fresh Romaine, WG Soft Pretzel, whole Pear, Milk	<b>September 20<sup>th</sup></b>  <b>Early Dismissal 11:30 AM</b>  <b>No Lunch Served</b>
<b>September 23<sup>rd</sup></b>  Philly Cheesesteak on WG Wrap, Applesauce, Carrots/ranch, Milk	<b>September 24<sup>th</sup></b>  Chicken Nachos (WG) Charro Beans, Small Banana, Milk	<b>September 25<sup>th</sup></b>  Breakfast for Lunch!  WG French Toast, Sausage Links, Cheesy Hashbrowns, Sliced Orange, Milk	<b>September 26<sup>th</sup></b>  Ham & Cheese on Pretzel Bun, WG Cheetos, Steamed Broccoli, Diced Pears, Milk	<b>September 27<sup>th</sup></b>  Grilled Chicken sandwich on WG Bun, Avocado & Shredded lettuce, Shortbread Cookies, Grapes (k-8) Fresh fruit* (pre-k) Milk

Food Allergies & Intolerances are only accommodated with Physician documentation, per the Illinois State Board of Education. Any accommodations need to be approved by Laraway Food Service Director in partnership with Laraway School nurse.

All Students are provided a free Lunch daily. Our Menus adhere to Nutrition guidelines set by the USDA. There may be differences on any given day to ensure we follow the individual Grant per grade group. Any Questions or Concerns regarding the Menu, please contact: Sarah Izaguirre (815)727-5196 or sizaguirre@laraway70c.org

We reserve the right to alter the menu, based on availability or quality concerns.  
 WG = Whole Grain-rich meal component  
 Fresh Fruit= a possible serving of fresh apple, orange, banana, pear, peach, berries, grapes, or melon

A choice of 1% White or Fat Free Chocolate Milk is provided to every k-8 student. 1% White milk is provided to all pre-k students. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability.