



MILK IS 1% UNFLAVORED MILK/FAT FREE FLAVORED MILK

# JANUARY 2026

## LARAWAY CCSD 70C



ALL GRAINS SERVED ARE WG OR WGR

Monday

Tuesday

Wednesday

Thursday

Friday



CHICKEN FAJITA ON TORTILLA, PEPPERS, ONION, 30g  
CHEESE & LETTUCE 1g  
JICAMA 5g, SALSA 5g, SPANISH RICE 30g, FRUIT 15g  
MILK W 11G/C 19G/S 22G

2 FRENCH TOAST 30g  
SCRAMBLED EGGS, SAUSAGE  
HASHBROWN TOTS 22g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G



LOADED MAC & CHEESE  
BOWL: CHICKEN, BACON  
BITS, GREEN ONION 50g  
HOT BROCCOLI 6g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G



PEPPERONI FLATBREAD  
PIZZA 32g  
CELERY/RANCH 8g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

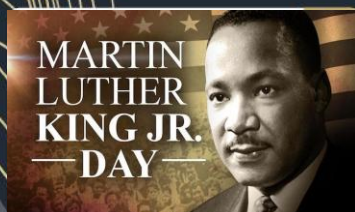
CORNDOG 35g  
ONION RINGS 30g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

BEEF NACHOS OR WITHOUT  
BEEF, CHEESE 45g  
LETTUCE/TOMATO/SALSA 6g  
SOUR CREAM 2g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

CHICKEN ALFREDO/STEAMED  
BROCCOLI 45g  
OR SALAD BAR 15g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

RIB SANDWICH 40g  
BAKED BEANS 35g  
POTATO SALAD 25g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

CREAMY CHEDDAR BROCCOLI  
SOUP 16g  
FRENCH BREAD PIZZA 32g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G



GROUND BEEF TACOS/TORTILLA  
39g  
SALSA/LETTUCE/CHEESE 6g  
REFRIED BEANS 20g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

CHICKEN TENDERS  
CC FRIES 25g  
CARROTS/RANCH 6g  
BBQ SAUCE 14g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

BEEF MOSTACCIOLI 45g  
BREADSTICK 20g  
GREEN BEANS 8g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

ITALIAN SAUSAGE PIZZA 36g  
GREEN PEAS 15g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

CHEESEBURGER/BUN 35g  
LETTUCE/TOMATO/PICKLE 4g  
POTATO WEDGES 20g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

CHICKEN ENCHILADA 25g  
BLACK BEAN SALSA 15g  
SOUTHWEST CORN 20g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

BBQ OR BUFFLO CHICKEN  
WINGS 5g  
CREAMY PASTA SALAD 30g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

CHICKEN GUMBO W/  
CHICKEN/SAUSAGE RICE 40g  
CORNBREAD 25g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

BEEF PIZZA PUFF 35g  
FRESH BROCCOLI/RANCH 6g  
FRUIT 15g  
MILK W 11G/C 19G/S 22G

Food Allergies & Intolerances are only accommodated with Physical 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. Pre-K, Kindergarten, and First grade students are provided a free snack daily. Our menus adhere to Nutrition guidelines set by USDA. 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, oranges, banana, pear, berries, grapes and melon. This institution is prohibited from discrimination on basis of race, color, national origin, sex age or disability. Questions or Comments regarding menu, please contact: Houston Cantrell (815)727-5196 or hcantrell@laraway70c.org In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877- 8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form PDF Document (AD-3027) found online at <https://www.ascr.usda.gov/how-to-file-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632- 9992. Submit your completed form or letter to USDA by: 1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW 2) Fax: (202) 690-7442; or 3) Email [program.intake@usda.gov](mailto:program.intake@usda.gov) This institution is an equal opportunity provider. Nutritional information is provided as a courtesy, Laraway CCSD 70C can't guarantee its accuracy