



# John Mills Lunch Menu October 2017

**2** A. Pizza Sticks w/marinara sauce  
B. Chicken Tenders  
C. Chicken Chef Salad w/bread

Sides:  
Corn  
Fresh Broccoli  
French Fries  
Fresh Apple  
Fresh Watermelons  
100% Fruit Juice Blend

**3** A. Cajun Meatball Stew w/roll  
B. Hamburger  
C. Chicken Nacho Salad w/tortilla crisp

Sides:  
Green Beans  
Red Pepper Strips  
Tater Tots  
Fresh Grapes  
Fresh Watermelon

**4** A. Orange Popcorn  
Chicken & Broccoli w/rice  
B. Tuna Salad Sandwich  
C. Cheese Salad w/bread

Sides:  
Carrots  
Zucchini slices  
Potato Wedges  
Fresh Cut Cantaloupe  
Banana  
100% Grape Juice

**5** A. Spaghetti Carbonara w/peas, bacon, and Chicken  
B. Spicy Chicken Patty  
C. Turkey Chef Salad w/roll

Sides:  
Black Beans  
Celery Sticks  
Tater Tots  
Fresh Watermelons  
Fresh Grapes

**6** A. Cheese Pizza  
B. Hot Dog  
C. Turkey/ham Chef Salad w/flatbread

Sides:  
Kale  
Coleslaw  
French Fries  
Fresh Watermelon  
Fresh Apple

**9**  
NO SCHOOL

**10** A. Country Chicken Nugget Bowl  
B. Hot Dog  
C. Turkey/Ham Chef Salad w/bread

Sides:  
Carrots  
Jicama Sticks  
Tater Tots  
Fresh Watermelon  
Fresh Grapes

**11** A. Chili Mac w/breadstick  
B. Hamburger  
C. Fresh Apple & Cheese Plate

Sides:  
Zucchini slices  
Celery Sticks  
Potato Wedges  
Fresh Cut Cantaloupe  
Fresh Banana  
100% Grape Juice

**12** A. Turkey w/stuffing  
B. Turkey Ham Sandwich  
C. Popcorn Chicken Salad  
D. Cheeseburger

Sides:  
Pinto Beans  
Baby Carrots  
Tater Tots  
Fresh Watermelon  
Fresh Grapes

**13** A. Cheese Pizza  
B. Chicken Tenders w/dinner roll  
C. Bean Nacho Salad w/Tortilla Chips

Sides:  
Broccoli  
Cucumber Slices  
French Fries  
Fresh Watermelon  
Fresh Apple

**16** A. Pancakes & Sausage  
B. Hot Dog  
C. Kickin' Pinto Taco Salad

Sides:  
Peas  
Broccoli  
French Fries  
Fresh Watermelon  
Fresh Apple  
100% Fruit Juice Blend

**17** A. Macaroni & Cheese w/Fish Sticks  
B. Chicken Patty  
C. Turkey Chef Salad

Sides:  
Tater Tots  
Brussel Sprouts  
Red Pepper Strips  
Fresh Watermelon  
Fresh Grapes

**18** A. Breaded Chicken Drumstick w/corn muffin  
B. Hamburger  
C. Beef Nacho Salad w/tortilla chips

Sides:  
Orange Glazed Carrots  
Zucchini Slices  
Potato Wedges  
Fresh Banana  
Fresh Cut Cantaloupe  
100% Grape Juice

**19** A. Chicken Tater Bite Nachos  
B. Tuna Salad Sub  
C. Popcorn Salad w/flatbread

Sides:  
Vegetarian Baked Beans  
Tater Tots  
Celery Sticks  
Fresh Watermelon  
Fresh Grapes

**20** A. Pepperoni Pizza  
B. Chicken Tenders w/bread  
C. Tuna Platter w/dinner roll

Sides:  
Steamed Spinach  
Cucumber Slices  
French Fries  
Fresh Watermelon  
Fresh Apple

**23** A. Oven Roasted Chicken Drumstick w/dinner roll  
B. Chicken Patty  
C. Vegetarian Baja Salad

Sides:  
Mashed Potatoes  
Fresh Broccoli  
French Fries  
Fresh Watermelon  
Fresh Apple  
100% Fruit Juice Blend

**24** A. Pasta With Meat Sauce w/breadstick  
B. Hot Dog  
C. Diced Chicken Caesar Salad w/goldfish

Sides:  
Green Beans  
Red Pepper Strips  
Sweet Potato Fries  
Fresh Watermelon  
Fresh Grapes

**25** A. Broccoli & Cheese Baked Potato w/dinner roll  
B. Egg Salad Sandwich  
C. Turkey Chef Salad w/flatbread  
D. Cheeseburger

Sides:  
Orange Glazed Carrots  
Zucchini  
Potato Wedges  
Fresh Cut Cantaloupe  
Banana  
100% Grape Juice

**26** A. Sausage and Red Beans w/Santé Fe Rice  
B. Egg Chef Salad w/dinner roll  
C. Hamburger

Sides:  
Vegetarian Baked Beans  
Sweet Potato Tater Tots  
Celery Sticks  
Fresh Grapes  
Fresh Watermelons

**27** A. Pepperoni Pizza  
B. Chicken Tenders w/dinner roll  
C. Beef Taco Salad w/tortilla crisps

Sides:  
Spinach  
Tater Tots  
Baby Carrots  
Fresh Apple  
Fresh Watermelons

**30** A. Meatloaf w/gravy and dinner roll  
B. Turkey Sandwich  
C. Fruit & Cheese Plate w/cinnamon tortilla crisp  
D. Cheeseburger

Sides:  
Peas  
Tomato Wedges  
French Fries  
Fresh Apple  
Fresh Watermelons  
100% Fruit Juice Blend

**31** A. Popcorn Chicken Bowl w/mini pretzel  
B. Chicken Tenders w/dinner roll  
C. Tuna Salad Platter

Sides:  
Cauliflower  
Cucumber slices  
Tater Tots  
Fresh Watermelons  
Fresh Grapes

**32**

**33**

**34**

**A parent/guardian of any student with a food allergy should feel free to contact the Food Service Director at: 708-583-5463**

Lunch Price

Paid \$ 2.50  
Reduced \$ .40

**Daily Options:**

- Sun Butter & Jelly Sandwich
- Milk (1% or Chocolate)
- Condiments (Ketchup, BBQ, Mustard and Ranch)