



John Mills Lunch Menu September 2017

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

Sides:
Kale
Coleslaw
French Fries
Fresh Orange
Fresh Apple

4 **No School**

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

Sides:
Carrots
Jicama Sticks
French Fries
Fresh Orange
Fresh Grapes

6 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

7 A. Turkey w/stuffing
B. Turkey Ham Sandwich
C. Popcorn Chicken Salad

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

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

Sides:
Broccoli
Cucumber Slices
French Fries
Fresh Orange
Fresh Grapes

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

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

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

Sides:
Brussel Sprouts
Red Pepper Strips
Fresh Orange
Fresh Grapes

13 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

14 A. Bean & Rice Tortilla Bowl
B. Tuna Salad Sub
C. Popcorn Salad w/flatbread

Sides:
Vegetarian Baked Beans
Tater Tots
Fresh Orange
Fresh Grapes

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

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

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

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

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

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

20 A. Broccoli & Cheese Baked Potato w/dinner roll
B. Egg Salad Sandwich
C. Turkey Chef Salad w/flatbread

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

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

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

22 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 Oranges

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

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

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

Sides:
Cauliflower
Cucumber slices
Tater Tots
Fresh Oranges
Fresh Grapes

27 A. Cheesy Penne Pasta w/bread stick
B. Hamburger
C. Chef Salad w/flat bread

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

28 A. Chicken Tater Bite Nachos
B. Chicken Patty
C. Chicken Ranch Salad

Sides:
Pinto Campfire Beans
Baby Carrots
Tater Tots
Fresh Oranges
Fresh Grapes

29 A. Cheese Pizza
B. Grilled Cheese
C. Vegetarian Greek Salad w/bread

Sides:
Green Beans
Red Pepper Strips
French Fries
Fresh Apple
Fresh Oranges

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)



