


LUNCH \$2.30
MILK \$.30

MAY 2009
ELEMENTARY SCHOOL DISTRICT 159
COLIN POWELL MIDDLE SCHOOL
LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Milk gives you calcium for strong bones. <i>Drink 3 cups daily!</i> (Make sure your milk, yogurt or cheese is low fat or fat-free.)</p>				1 CHICKEN & NOODLES GARDEN PEAS DICED PEARS
4 NACHOS SUPREME SHREDDED LETTUCE CINNAMON APPLESauce	5 FIVE CHICKEN NUGGETS w/BBQ Sauce MASHED POTATOES GARDEN PEAS	6 SIX CORN DOG NUGGETS BAKED BEANS APPLE JUICE	7 SLOPPY JOE on a Bun WHOLE KERNEL CORN MANDARIN ORANGES	8 CHICKEN CAESAR WRAP CARROTEENIES 100% FRUIT JUICE PUNCH
11 SLOPPY JOE on a Bun TATER TOTS MANDARIN ORANGES	12 CHICKEN PARMESAN SPAGHETTI SEASONED GREEN BEANS APPLE SLICES	13 *TOASTED HAM & CHEESE SANDWICH CARROTEENIES 100% FRUIT JUICE PUNCH	14 NACHOS SUPREME SHREDDED LETTUCE CINNAMON APPLESauce	15 FIVE CHICKEN NUGGETS w/BBQ Sauce MASHED POTATOES GARDEN PEAS
18 SALISBURY STEAK w/Gravy MASHED POTATOES FRESH APPLE SLICES	19 NACHOS SUPREME SHREDDED LETTUCE CINNAMON APPLESauce	20 AMERICAN SUB SANDWICH TATER TOTS BANANA	21 SIX CORN DOG NUGGETS BAKED BEANS 100% FRUIT JUICE PUNCH	22 PASTA & MEAT SAUCE SEASONED GREEN BEANS DICED PEACHES
25 NO SCHOOL	26 TOASTED CHEESE SANDWICH TATER TOTS FRESH APPLE SLICES	27 NACHOS SUPREME SHREDDED LETTUCE CINNAMON APPLESauce	28 SIX CORN DOG NUGGETS BAKED BEANS 100% FRUIT JUICE PUNCH	29 PIZZA DIPPER w/Red Sauce DICED CARROTS FRESH APPLE SLICES

Students may choose from the following when available:

Pizza of the Day
Chicken Sandwich
Cheeseburger
Fresh Salad
Daily Special
(see menu)

Questions about the menu?
Call 708-720-9733

A comprehensive Nutrition Guide is available in the Food Service Office.

Milk variety offered daily.
Breads & grains offered daily.

** Please Note **
Menu changes may be necessary. Notice will be given when possible.

* Contains Pork