

SKOKIE SCHOOL DISTRICT 68  
 OLD ORCHARD JR HIGH LUNCH MENU

February, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef & Broccoli Over Brown Rice Or Popcorn Chicken Mixed Green Salad Cucumber Slices Fresh Banana 100% Merry Cherry Juice	2 Fresh Baked Potato with Steamed Broccoli & Cheddar Cheese Or Turkey Burger on a Whole Wheat Bun Mixed Green Salad Sweet Carrot Coins Homemade Coleslaw Fresh Pear	3 Egg Salad and Fresh Vegetable Plate Or Whole Grain French Toast Sticks with a Cheese Omelet Mixed Green Salad Cherry Tomatoes Fresh Orange Wedges Warm Cinnamon Peaches
	6 Soft Chicken Tacos Or Fruit Salad Plate with Cheese & Crackers Mixed Green Salad Seasoned Green Beans Granny Smith Apple Mandarin Oranges	7 Whole Grain Chicken Nuggets Or Chicken Stir Fry over Brown Rice with Broccoli Floret's Mixed Green Salad California Medley Veggies Diced Peaches Fresh Grapes	8 Cheese Filled Spinach Tortellini Or Whole Grain Pizza Dippers with Marinara Sauce Mixed Green Salad Black Eyed Peas Fresh Pear Homemade Pumpkin Bar	9 Nacho Supreme with Lettuce and Cheese Or Turkey & Cheese in a Whole Wheat Wrap Mixed Green Salad Chipotle Sweet Potatoes Golden Delicious Apple 100% Blue Raspberry Juice	10 Tuna Melt on a Whole Grain English Muffin Or Chicken Sandwich on a Whole Grain Roll Mixed Green Salad Seasoned Red Potatoes Fresh Orange Wedges Cinnamon Applesauce
	13 Sliced Roasted Turkey and Gravy Or Popcorn Chicken Whipped Potatoes w/gravy Whole Grain Roll Sweet Garden Peas Mixed Green Salad Fresh Pear Mandarin Oranges	14 Macaroni and Cheese with Homemade Cheese Sauce Or Turkey Hot Dog on a Whole Wheat Bun Mixed Green Salad Cherry Tomatoes Granny Smith Apple Tropical Pineapple	15 Sweet & Sour chicken over Brown Rice Or Toasted Cheese Sand- wich on Whole Wheat Bread Mixed Green Salad Carrot Coins Fresh Grapes 100% Merry Cherry Juice	16 Veggie & Cheese Frittata Or Hamburger on a Whole Wheat Bun Mixed Green Salad Steamed Spinach Fresh Orange Wedges Applesauce	17 Chicken Pot Pie over a Whole Grain Biscuit Or Whole Grain Pizza Dippers Mixed Green Salad Whole Kernel Corn Fresh Banana Mixed Fruit
	20 Presidents' Day No School	21 Soft Shell Turkey Tacos Or Fruit Salad Plate with Cheese & Crackers Mixed Green Salad Carrot Raisin Salad Fresh Banana Mixed Fruit	22 Hummus and Fresh Vegetables with Multi Grain Pita Triangles Or Whole Grain Chicken Nuggets Mixed Green Salad Orange Glazed Sweet Potatoes Fresh Pear Chilled Pineapple	23 Southwest Chicken Wrap in a Whole Wheat Wrap Or Whole Grain Cheese Pizza Mixed Green Salad Marinated Black Bean Salad Fresh Grapes Applesauce	24 Veggie Burger on Whole Grain Bun with Marinara Sauce Or Mini Corn Dogs Mixed Green Salad Fresh Baby Carrots 100% Twisted Mellon Juice Orange Wedges
	27 Black and White Bean Salsa in a Whole Grain Wrap Or Turkey Hot Dog on a Whole Wheat Bun Mixed Green Salad Sweet Garden Peas Fresh Grapes Sweet Pears	28 Chicken Caesar Salad with a Multigrain Roll Or Whole Grain Beef Pizza Quesadilla Mixed Green Salad Broccoli Salad Fresh Apple Cling Peaches	29 Beef & Broccoli Over Brown Rice Or Popcorn Chicken Mixed Green Salad Cucumber Slices Fresh Banana 100% Merry Cherry Juice		Available Daily: Chicken Sandwiches and Hamburgers on Whole Grain Buns Fresh Variety Salads Deli Sandwiches on Whole Grain Bread & Whole Grain Wraps

PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.  
 1% and fat free milk served daily. \*Contains pork. Whole wheat bread served daily.  
 \* Items listed in Green are Meatless Entrées. Questions about the menu?  
 Call Marv Barishman @ 847/568-7586