

SKOKIE SCHOOL DISTRICT 68  
 OLD ORCHARD JR. HIGH LUNCH MENU

MARCH 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>March is National Nutrition Month.</p> <p>Be on the lookout in the café for fun ways to learn about the foods you eat and what you can do to improve your health!</p>				<p>1 Fresh Baked Potato with Steamed Broccoli &amp; Cheddar Cheese                      Or Turkey Burger on a Whole Wheat Bun                      Mixed Green Salad                      Sweet Carrot Coins                      100% Merry Cherry Juice                      Fresh Pear</p>	<p>2 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</p>
<p>Available Daily:                      Chicken Sandwiches and Hamburgers on Whole Grain Buns                      Fresh Variety Salads                      Deli Sandwiches on Whole Grain Bread &amp; Whole Grain Wraps</p>	<p>5 CASIMIR PULASKI DAY                       NO SCHOOL</p>	<p>6 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</p>	<p>7 Cheese Filled Spinach Tortellini                      Or Whole Grain Pizza Dippers with Marinara Sauce                      Mixed Green Salad                      Black Eyed Peas                      Fresh Pear                      Homemade Pumpkin Bar</p>	<p>8 Nacho Supreme with Lettuce and Cheese                      Or Turkey &amp; Cheese in a Whole Wheat Wrap                      Mixed Green Salad                      Chipotle Sweet Potatoes                      Golden Delicious Apple                      100% Blue Raspberry Juice</p>	<p>9 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</p>
	<p>12 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</p>	<p>13 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</p>	<p>14 Sweet &amp; Sour chicken over Brown Rice                      Or Toasted Cheese Sandwich on Whole Wheat Bread with Tomato Soup                      Mixed Green Salad                      Carrot Coins                      Fresh Grapes                      100% Merry Cherry Juice</p>	<p>15 Veggie &amp; Cheese Frittata                      Or Hamburger on a Whole Wheat Bun                      Mixed Green Salad                      Steamed Spinach                      Fresh Orange Wedges                      Applesauce</p>	<p>16 Chicken Pot Pie over a Whole Grain Biscuit                      Or Whole Grain Pizza Dippers                      Mixed Green Salad                      Whole Kernel Corn                      Fresh Banana                      Mixed Fruit</p>
	<p>19 Baked Wheat Mostoccioli Pasta with Meat Sauce                      Or Chicken Sandwich on a Whole Grain Bun                      Mixed Green Salad                      Cucumber Slices                      Golden Delicious Apple                      Diced Peaches</p>	<p>20 TEACHERS' INSTITUTE DAY                       NO SCHOOL</p>	<p>21 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</p>	<p>22 Southwest Chicken Wrap in a Whole Wheat Wrap                      Or Whole Grain Cheese Pizza                      Mixed Green Salad                      Marinated Black Bean Salad                      Fresh Grapes                      Applesauce</p>	<p>23 NO SCHOOL</p>
	<p>26 SPRING RECESS                       NO SCHOOL</p>	<p>27 SPRING RECESS                       NO SCHOOL</p>	<p>28 SPRING RECESS                       NO SCHOOL</p>	<p>29 SPRING RECESS                       NO SCHOOL</p>	<p>30 SPRING RECESS                       NO SCHOOL</p>

PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.

1% and fat free milk served daily. \*Contains pork

Questions about the menu?

Call Marv Barishman @ 847/568-7586