



Mount Prospect Lunch Menu

January 2019

1
Schools Closed
Winter Recess
Happy New Year

2
 All Beef Hot Dog on a Bun (G) OR Kickin' Pinto Beans over WG Rice*
 French Fries
 Fresh Apple

3
 Mini Waffles* (GED) with Chicken Sausage OR BBQ Black Beans over WG Rice*
 Tater Tots
 Applesauce

4
 Rotini Pasta (G) with Meat Sauce or Marinara* Sauce with WG Dinner Roll (G) OR Charro Beans over WG Rice*
 Steamed Corn
 Fruit Cup

7
 Mini Pancakes* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice*
 Hash Brown
 Raisins

8
 Penne Alfredo with Chicken (GD) OR Charro Black Beans over WG Rice*
 Roasted Carrots
 Fresh Grapes

9
 Chicken Nuggets (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice*
 Sweet Potato Tots
 Fresh Banana

10
 Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G) OR BBQ Black Beans over WG Rice*
 Fresh Tomato Wedges
 Fresh Orange

11
 Pizza Sticks* (GD) with Marinara Sauce OR Charro Beans over WG Rice*
 Fresh Cucumber Slices
 Mandarin Oranges

14
 Mini Berry French Toast* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice*
 Tater Tots
 Apple Sauce

15 **Ace Giveaway Day**
 Sweet and Sour Chicken (G) over Whole Grain Rice OR Charro Black Beans over WG Rice*
 Fresh Red Pepper Strips
 Fresh Pear

16
 Cheese* or Chicken Nachos (GD) OR Kickin' Pinto Beans over WG Rice*
 French Fries
 Diced Peaches

17
 Cheesy Baked Penne* (GD) OR BBQ Black Beans over WG Rice*
 Fresh Broccoli
 Pineapple Tidbits

18
 Mozzarella Sticks* (GD) with Marinara Sauce OR Charro Beans over WG Rice*
 Steamed Corn
 Apricot Halves

21
½ Day
Snow Make-Up Day
No Lunches Served

22
 Chicken Parm (GD) over Spaghetti (G) OR Charro Black Beans over WG Rice*
 Red Pepper Strips
 Diced Pears

23
 Chicken Tenders (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice*
 Fresh Zucchini Slices
 Fresh Apple

24
 Bacon Egg and Cheese Biscuit (GED) OR BBQ Black Beans over WG Rice*
 French Fries
 Applesauce

25
 Grilled Cheese* with or without Bacon (GD) OR Charro Beans over WG Rice*
 Fresh Cucumber Slices
 Fruit Cup

28
 French Toast Sticks* with Scrambled Eggs (GED) OR Campfire Beans over WG Rice*
 Hash Brown
 Fresh Orange

29 **Cheese Ravioli*** (GED) with Marinara Sauce OR Charro Black Beans over WG Rice*
 Mixed Roasted Vegetables
 Fresh Apple

30
½ Day
Teacher In-Service Day
No Lunches Served

31
 Meatball Parm Sub (GED) OR BBQ Black Beans over WG Rice*
 Roasted Carrots
 Pineapple Tidbits

Allergen Key
 G – Gluten
 E – Egg
 D – Dairy
Vegetarian Options

More info...Meatless Mondays!!
 Lunch Price \$2.60
 Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz juice **or** 8 oz. water.

Daily Options... Hummus available Daily
 Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.
For all lunch related information, please visit:
<http://bernards.schooldish.com>

