

Morrison Schools JH & HS Lunch

January 2012

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 No School</p>	<p>3 No School</p>	<p>4 Cheeseburger 194 WG Bun Corn 80 or Romaine Mix 15 Fruit WW Bread</p>	<p>5 Turkey Hot Dog 160 WG Bun Baked Beans 140 or Fresh Broccoli 5.6 Fruit WW Bread</p>	<p>6 WG Chicken Patty 220 WG Bun Green Beans 20or Fresh Cauliflower 25 Fruit WW Bread Frozen Yogurt</p>	<p>A La Carte Fat Free Milk 80 cal. 1% White Milk 100 cal. Fat Free Chocolate Milk 130 cal Whole Wheat Bread 2 slices 150 cal Whole Grain Bun 120 cal. Choice of Fruit -calories Applesauce 90 Apricots 90 Peaches 70 Fruit Mix 80 Pineapple 60 Mandarin Oranges 70 Pears 80 Fresh Fruit Grapes 29 Orange 80 Banana 120 Apple 95 Apple Slices 38.9 Raisins 130 Frozen Fruit Strawberry Cup 122 Peach Cup 118 Apricot Cup 118 # - Calories Average per Week Grades 6-12 785 Calories a Day</p> <p>School News Access All your Family Food Service Account information on Skyward SIGN UP for email alerts for your Family Food Service Account Balance on Skyward Payment information Enclose Cash or Check In envelope marked with the Student's first and last name, grade, date, amount. OR Payments Online: Go to morrisonsschools.org Click on Menus Click on illinoisepay.com Click on Lunch Account</p>
<p>9 Ribette 160 WG Bun Capri Vegetables 20 or Fresh Green Peppers Fruit WW Bread Pudding</p>	<p>10 Salisbury Steak 198.9 Mashed Potatoes 76 or Fresh Cucumbers Fruit WW Bread Goldfish</p>	<p>11 WG Macaroni & Cheese 246 Broccoli 5.6 Fruit WW Bread Teddy Grahams</p>	<p>12 Tacos 440 Romaine Mix 15 Fruit WW bread 100% Fruit Juice Bar</p>	<p>13 WG Max Sticks 328 Pizza Sauce 15 Baby Carrots 15 Fruit WW Bread Sherbet</p>	
<p>16 No School</p>	<p>17 WG Tonys Smart Cheese Pizza 310 Corn 80or Fresh Carrots49 Fruit WW Bread</p>	<p>18 Turkey Shortcake 382 Green Beans 20 or Fresh Red Peppers Fruit WW Bread</p>	<p>19 WG Mini Corn Dogs 250 Glazed Carrots 60 or Fresh Celery18.2 Fruit WW Bread Churro</p>	<p>20 Cold Cut 163 Deli Bun 200 Romaine Mix 15 Fruit WW Bread Baked Chips</p>	
<p>23 Grilled Chicken 160 WG Bun Sweet Potatoes & Apples 107 or Romaine Mix 15 Fruit WW Bread</p>	<p>24 WG Chicken Nuggets 220 Mashed Potatoes 76 or Fresh Broccoli 5.6 Fruit WW Bread Ice Cream</p>	<p>25 WG Burrito 230 Mexicali Corn & Beans 76 or Cauliflower 25 Fruit WW Bread</p>	<p>26 Chili 270 4 pkgs. Crackers Celery 18.2/peanut butter Fruit Cinnamon Roll</p>	<p>27 Pork Chopette 315.6 Quick Baked Potato 143 or Fresh Carrots 49 Fruit Dino Bites</p>	
<p>30 Italian Chicken 170 WG Bun French Fries 160 or Celery 18.2 Fruit WW Bread</p>	<p>31 Fiesta Pizza 340 Corn or Fresh Romaine Mix 15 Fruit WW Bread</p>	<p>Student Lunch \$2.25 Reduced Lunch .40 Ala carte Milk .35 Chef Salad offered daily order by 8:30 a.m. Cold Cut Sandwich offered daily Menu subject to change without notice</p>			

