

Morrison Schools NS & SS Lunch Menu

October 2011



Monday

Tuesday

Wednesday

Thursday

Friday

3
WG Chicken Patty 220
WG Bun
Green Beans 20
Watermelon 80
SS Low Fat Chocolate
Cake

4
Tony's Smart WG
Cheese Pizza 310
Corn 80
Apricots 90
WW Bread

5
WG Mini Turkey Corn
Dogs 250
Cooked Carrots 45
Orange wedges 40
WW Bread

6
Tacos w/cheese 260
Taco Shells 100
Shredded Lettuce 15
Applesauce 90
Whole Fruit Juice Bar

7
Fun Fish 220
Smiles 170
Peaches 70
WW Bread
Cookie

10
Hamburger 160
WG Bun
Sweet Potato Puffs 130
Cantaloupe 100
SS WW Bread

11
Salisbury Steak 198.9
Mashed Potatoes 76
Pears 80
WW Bread
Chocolate Pudding

12
Turkey Hot Dog 160
WG Bun
Baked Beans 140
Pineapple 60
Granola Bar

13
WG Spaghetti
w/meat sauce 320
Romaine Mix 15
½ Banana 60
SS WW Bread

14
Pancake on a Stick 210
Tri Tator 100
Orange Juice 56
Dino Bites 113.3

17
Reduced Fat Macaroni
& Cheese 194
Steamed Broccoli 5.6
Honey Dew 50
WW Bread
Low Fat Brownie

18
Tony's Smart WG
Pepperoni Pizza 300
Corn 80
Fruit Mix 80
WW Bread
SS Chocolate Goldfish

19
Grilled Chicken 160
WG Bun
California Blend 50
Mandarin Oranges 70
WW Bread
Orange/Vanilla Cup

20
Chili 180
2 Pkg. Crackers 60
Celery w/Peanut Butter
Grapes 29
Cinnamon Roll

21
WG Max Sticks 328
Pizza Sauce 15
Carroteenies 15
Peaches 70
WW Bread

24
BBQ Rib 160
WG Bun
Fiesta Beans 76
Apple Slices 38.9
Sherbet

25
WG Chicken Nuggets 220
Mashed Potatoes 76
Pears 80
WW Bread

26
WG Burrito 360
Cauliflower 25
Pineapple 60
SS WW Bread

27
Turkey Shortcake 382
Green Beans 20
Mandarin Oranges 70
SS Fruit Snacks

28
Cold Cut 163
WG Bun
Romaine Mix 15
Applesauce 90
Cheezits

31
Italian Chicken 220
WG Bun
Capri Vegetables 50
Apricots 90
SS WW Bread
Frosted Graham



A La Carte

Fat Free Milk Offered 80 cal.
1% White Milk Offered 100 cal.
Fat Free Chocolate Milk 130 cal.
Whole Wheat Bread 1 slice 75 cal
Whole Grain Bun 120 cal.

- Calories

NS Average per week
Grades K-2
633 calories per day

SS Average per Week
Grades 3-5
664 Calories per day

Menu Subject to change

School News

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

CHECK your Family Account

BALANCE ON LINE

Go to morrisonsschools.org
Click on Menus
Click on Check
Balance



Student Lunch \$2.00
Reduced Lunch \$.40
Ala Carte Milk .35