

Morrison Schools JH & HS Lunch

September 2011

Monday

Tuesday

Wednesday

Thursday

Friday



Student Lunch \$2.25
Reduced Lunch .40
Ala carte Milk .35

1
Taco in a bag 430
Romaine Mix 15
Choice of Fruit

2
Fish Patty w/cheese 220
WG Bun
Corn 80
Choice of Fruit
WW Bread
Low Fat Orange/vanilla cup

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
Apple Slices 38.9 Peaches 70
Fruit Mix 80 Pineapple 60
Mandarin Oranges 70 Pears 80
Grapes 29 Orange Wedges 40
Strawberry Cup 122 Cantaloupe 100
Peach Cup 118 Watermelon 80

- Calories

Average per Week Grades 6-12
785 Calories a Day

Menu subject to change

School News

Cold Cut Sandwich offered daily

Chef Salad offered daily order by 8:30 a.m.

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

5

No School

6

Whole Grain Smart
French Bread Pizza 320
Green Beans 20
Fruit
WW Bread
Whole Fruit Juice Bar

7

Whole Grain Burrito 360
JH Alternative Pizza
Fiesta Beans 76
Fruit
WW Bread

8

WG Spaghetti
w/meat sauce 320
Romaine Mix15
Fruit
WW Bread

9

Pizza Burger 156
WG Bun
Cooked Carrots
Fruit
Sport's Bites

12

Grilled Chicken 160
WG Bun
Cherry Tomatoes 26
Fruit
WW Bread
Ice Cream

13

Salisbury Steak 198.9
Mashed Potatoes 76
Fruit
WW Bread
Pudding

14

Mini Turkey Corn
Dogs 250
California Blend 25
Fruit
WW Bread

15

Turkey Shortcake 382
Green Beans 20
Fruit
WW Bread

16

Hot Ham w/cheese 164
WG Bun
JH Alternative Pizza
Carrot Sticks 49
Fruit
Animal Crackers

19

Cheeseburger 194
WG Bun
Baked Sweet
Potatoes Fries 140
Fruit
WW Bread

20

Chicken Fajitas 72
WG Tortilla Shells 240
Romaine Mix 15
Fruit
Granola Bar

21

Turkey Hot Dog 160
WG Bun
Baked Beans 140
Fruit
WW Bread

22

Sloppy Joe 245
JH Alternative Pizza
WG Bun
Corn 80
Fruit

23

Cold Cut 163
Deli Bun 200
Broccoli 5.6
Fruit
Baked Chips 140
Low Fat Ice Cream Bar

26

BBQ Rib 160
WG Bun
JH Alternative Pizza
Celery 18.2
Fruit
WW Bread
Teddy Grahams

27

WG Chicken Nuggets 220
Mashed Potatoes 76
Fruit
WW Bread

28

Turkey Corn Dog 270
Cauliflower 25
Fruit
WW Bread

29

Chicken & Whole
Grain Noodles 244
Peas 93
Fruit
WW Bread

30

Whole Grain Max Sticks 328
Pizza Sauce 15
Baby Carrots 15
Fruit
WW Bread
Sherbet