

WELCOME BACK!!!

September 2021

**Steger Primary and Steger
Intermediate Center**

This institution is an equal opportunity provider.
Menus are subject to change.

HERB/SPICE Thyme



Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

OF THE MONTH

We never stopped cooking for you.

Throughout the pandemic, we never stopped feeding. Our brave and selfless child nutrition folks never stopped working. Never stopped serving. And never stopped caring. Caring about our students. Caring about your kids. Caring about their community.

No matter the obstacles – and they were many – our fantastic people never stopped cooking for your family. And they never will. Please thank them if you get the chance. It means a lot.

School Meals

We serve education every day™

Wednesday, September 1

Breakfast
Cereal Kit

Lunch

Turkey Wrap
Side Salad
Fruit
Milk

Thursday, September 2

Breakfast
Cereal Kit

Lunch

Meatball and Breadsticks
Carrots
Fruit
Milk

Friday, September 3

Breakfast
Cereal Kit

Lunch

Cheese Pizza
Peas
Fruit
Milk

Tuesday, September 7

Breakfast
Cereal Kit

Lunch

Chicken Taco
Refried Beans
Fruit
Milk

Wednesday, September 8

Breakfast
Cereal Kit

Lunch

Ham Sandwich
Side Salad
Fruit
Milk

Thursday, September 9

Breakfast
Cereal Kit

Lunch

Macaroni and Cheese
Tomatoes
Fruit
Milk

Friday, September 10

Breakfast
Cereal Kit

Lunch

Pepperoni Pizza
Cucumbers
Fruit
Milk



**NO SCHOOL
MONDAY,
SEPTEMBER 6**

YOU'RE GOOD™



**ALL STUDENTS EAT
ALL MEALS @ NO COST
ALL YEAR LONG**

Steger School District 194

Monday, September 13

Breakfast
Cereal Kit

Lunch

Chicken Ala King
Carrots
Fruit
Milk

Tuesday, September 14

Breakfast
French Toast Sticks

Lunch

Beef Nacho
Black Beans
Fruit
Milk

Wednesday, September 15

Breakfast
Breakfast Pizza

Lunch

Chicken Ranch Wrap
Broccoli
Fruit
Milk

Thursday, September 16

Breakfast
Maple Pancakes

Lunch

Pasta W/ Meat Sauce
Corn
Fruit
Milk

Friday, September 17

Breakfast
Chef's Choice

Lunch

Bosco Sticks
Zucchini
Fruit
Milk

***This year's price: \$0
You good with that?***

All of our complete meals are always

**NO CHARGE
for all students
Through June 2022**

Monday, September 20

Breakfast
Cereal Kit

Lunch

Sloppy Joe
Peas
Fruit
Milk

Tuesday, September 21

Breakfast
Waffles

Lunch

Taco Pie
Refried Beans
Fruit
Milk

Wednesday, September 22

Breakfast
Breakfast Pizza

Lunch

Jammer
Side Salad
Fruit
Milk

Thursday, September 23

Breakfast
Maple Pancakes

Lunch

Lasagna
Red peppers
Fruit
Milk

Friday, September 24

Breakfast
Chef's Choice

Lunch

Corn Dog
Cauliflower
Fruit
Milk

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, September 27

Breakfast
Cereal Kit

Lunch

Hamburger
Broccoli
Fruit
Milk

Tuesday, September 28

Breakfast
Apple Bosco

Lunch

Cheese Quesadilla
Black Beans
Fruit
Milk

Wednesday, September 29

Breakfast
Breakfast Pizza

Lunch

Lunchable
Tator Tots
Fruit
Milk

Thursday, September 30

Breakfast
Pancake Wrap

Lunch

Hotdog
Celery
Fruit
Milk

"ARRR!"



**September 19 is
"International Talk
Like a Pirate" Day**

But EVERY DAY is
"Drink Your Milk" day!
And we've got you
covered with these
great milk selections
to choose from with all
complete meals:

**Lowfat Chocolate
Nonfat White
Lowfat White**