

# MENUS FOR AUG. & SEPT. 2018



Intermediate  
Center

Menus are subject to change.

## SALAD BAR

**Steger School District is working hard to get the Intermediate Center a salad bar. We have put in for the grant and are almost half way to our goal. To check the progress please visit:**

**<http://www.saladbars2schools.org/grant/steger-school-district-194/>**

**Friday, August 24**

### Breakfast

Cereal Bar

### Lunch

Cheese Pizza  
OR  
Jammer

Squash  
Fruit  
Milk



**Monday, August 27**

### Breakfast

Cereal Bar

### Lunch

Chicken Patty on a Bun  
OR  
Ham and Cheese Plate

Green Beans  
Fruit  
Milk

**Tuesday, August 28**

### Breakfast

Pancakes

### Lunch

Chicken and Rice Bowl  
OR  
Turkey Sandwich

Celery  
Juice  
Milk

**Wednesday, August 29**

### Breakfast

Breakfast Pizza

### Lunch

Spaghetti W/ Meat Sauce  
OR  
Chicken Ranch Wrap

Broccoli  
Fruit  
Milk

**Thursday, August 30**

### Breakfast

Omelet

### Lunch

Bosco Sticks  
OR  
Turkey Wrap

Baked Beans  
Juice  
Milk

**Friday, August 31**

### Breakfast

Cereal Bar

### Lunch

Pepperoni Pizza  
OR  
Jammer

Corn  
Fruit  
Milk

**HAPPY  
LABOR DAY!**



**Try not to be BLUE about Summer's end - enjoy the last sweet days of the season BERRY much!**

**Tuesday, September 4**

### Breakfast

Cereal Bar

### Lunch

Beef and Bean Burrito  
OR  
Turkey Roll-Up

Italian Green Beans  
Juice  
Milk

**Wed., September 5**

### Breakfast

Breakfast Pizza

### Lunch

Meatball Sub  
OR  
Ham Wrap

Sweet Potato Fries  
Fruit  
Milk

**Thursday, September 6**

### Breakfast

Pancake Wrap

### Lunch

Ham and Cheese Panini  
OR  
Turkey Wrap

Peas  
Juice  
Milk

**Friday, September 7**

### Breakfast

Cereal Bar

### Lunch

Cheese Pizza  
Or  
Jammer

Turnip Greens  
Fruit  
Milk

It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

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

**Monday, September 10**

**Breakfast**

Cereal Bar

**Lunch**

Chicken Patty  
OR  
Ham and Cheese Plate

Smiley Fries  
Fruit  
Milk

**Tuesday, September 11**

**Breakfast**

Waffles

**Lunch**

Taco Pie  
OR  
Turkey Sandwich

Side Salad  
Juice  
Milk

**Wed., September 12**

**Breakfast**

Breakfast Pizza

**Lunch**

Macaroni and Cheese  
OR  
Chicken Ranch Wrap

Cauliflower  
Fruit  
Milk

**Thursday, September 13**

**Breakfast**

French Toast

**Lunch**

Grilled Cheese  
OR  
Turkey Wrap

Navy Beans  
Juice  
Milk

**Friday, September 14**

**Breakfast**

Cereal Bar

**Lunch**

NO

LUNCH

SERVED

**The original value meal  
& still a fantastic deal!**

**Breakfast**

**Lunch**

**\$1.25 \$2.00**

**Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
708-753-8383 or [Sgrabin@sd194.org](mailto:Sgrabin@sd194.org)**

**Monday, September 17**

**Breakfast**

Cereal Bar

**Lunch**

Chicken Nuggets  
OR  
Ham and Cheese Sandwich

Red Beans  
Fruit  
Milk

**Tuesday, September 18**

**Breakfast**

Pancakes

**Lunch**

Cheese Quesadilla  
OR  
Turkey Roll Up

Sliced Cucumbers  
Juice  
Milk

**Wed., September 19**

**Breakfast**

Breakfast Pizza

**Lunch**

Meatloaf  
OR  
Ham Wrap

Collard Greens  
Fruit  
Milk

**Thursday, September 20**

**Breakfast**

Pop Tart

**Lunch**

Hotdog on a Bun  
OR  
Turkey Wrap

Mashed Sweet Potatoes  
Juice  
Milk

**Friday, September 21**

**Breakfast**

Cereal Bar

**Lunch**

Cheese Pizza  
OR  
Jammer

Corn  
Fruit  
Milk

**Monday, September 24**

**Breakfast**

Cereal Bar

**Lunch**

Chicken Patty  
OR  
Ham and Cheese Plate

Black Beans  
Fruit  
Milk

**Tuesday, September 25**

**Breakfast**

Waffles

**Lunch**

Chicken Enchilada  
OR  
Turkey Sandwich

Hashbrown  
Juice  
Milk

**Wed., September 26**

**Breakfast**

Breakfast Pizza

**Lunch**

Chicken Tenders  
OR  
Chicken Ranch Wrap

Spinach Salad  
Fruit  
Milk

**Thursday, September 27**

**Breakfast**

Breakfast Burrito

**Lunch**

Hamburger on a Bun  
OR  
Turkey Wrap

Cabbage  
Juice  
Milk

**Friday, September 28**

**Breakfast**

Cereal Bar

**Lunch**

Pepperoni Pizza  
OR  
Jammer

Carrots  
Fruit  
Milk

**DON'T 4 GET!**

**To make a lunch,  
choose at least one**



**or**



**STEGER SCHOOL DISTRICT #194  
FOOD SERVICES**