

MENUS FOR AUG. & SEPT. 2018



Menus are subject to change.

Steger

Primary

Center



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!

**HAPPY
LABOR DAY!**



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

NUTRITION *TO GO*

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That's too bad - the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

A QUICK BITE FOR PARENTS

Friday, August 24

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Squash
Fruit
Milk

Monday, August 27

Breakfast

Cereal Bar

Lunch

Hamburger
OR
Ham and Cheese Sandwich

Sweet Potato Fries
Fruit
Milk

Tuesday, August 28

Breakfast

Pancakes

Lunch

Grilled Cheese
OR
Chef Salad

Celery
Juice
Milk

Wednesday, August 29

Breakfast

Breakfast Pizza

Lunch

Beef and Cheese Nacho
OR
Turkey and Cheese Plate

Broccoli
Fruit
Milk

Thursday, August 30

Breakfast

Omelet

Lunch

Hotdog
OR
Ham Roll Up

Baked beans
Juice
Milk

Friday, August 31

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Corn
Fruit
Milk

Tuesday, September 4

Breakfast

Cereal Bar

Lunch

Meatballs and Breadsticks
OR
Turkey and Cheese Sandwich

Italian Green Beans
Juice
Milk

Wed., September 5

Breakfast

Breakfast Pizza

Lunch

Corn Dog
OR
Ham and Cheese Wrap

Sweet Potato Fries
Fruit
Milk

Thursday, September 6

Breakfast

Pancake Wrap

Lunch

Chicken Taco
OR
Chicken Ranch Wrap

Peas
Juice
Milk

Friday, September 7

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Turnip Greens
Fruit
Milk

Monday, September 10	Tuesday, September 11	Wed., September 12	Thursday, September 13	Friday, September 14
Breakfast Cereal Bar	Breakfast Waffles	Breakfast Breakfast Pizza	Breakfast French Toast	Breakfast Cereal Bar
Lunch Chicken Nuggets W/ Roll OR Ham and Cheese Sandwich	Lunch Bosco Sticks OR Chef Salad	Lunch Meatloaf W/ Roll OR Turkey and Cheese Plate	Lunch Hotdog OR Ham Roll Up	Lunch NO LUNCH SERVED
Smiley Fries Fruit Milk	Side Salad Juice Milk	Cauliflower Fruit Milk	Navy Beans Juice Milk	

Monday, September 17	Tuesday, September 18	Wed., September 19	Thursday, September 20	Friday, September 21
Breakfast Cereal bar	Breakfast Pancakes	Breakfast Breakfast Pizza	Breakfast Pop Tart	Breakfast Cereal Bar
Lunch Hamburger OR Ham and Cheese Plate	Lunch Beef and Cheese Taco OR Turkey and Cheese Sandwich	Lunch Marconi and Cheese OR Ham and Cheese Wrap	Lunch Chicken Rings OR Chicken Ranch Wrap	Lunch Cheese Pizza OR Jammer
Rd Beans Fruit Milk	Sliced Cucumbers Juice Milk	Collard Greens Fruit Milk	Mashed Sweet Potatoes Juice Milk	Corn Fruit Milk

Monday, September 24	Tuesday, September 25	Wed., September 26	Thursday, September 27	Friday, September 28
Breakfast Cereal Bar	Breakfast Waffles	Breakfast Breakfast Pizza	Breakfast Breakfast Burrito	Breakfast Cereal Bar
Lunch Chicken Tenders W/ Roll OR Ham and Cheese Sandwich	Lunch Pancakes and Sausage OR Chef Salad	Lunch Taco Pie OR Turkey and Cheese Plate	Lunch Corn Dog OR Ham Roll Up	Lunch Cheese Pizza OR Jammer
Black Beans Fruit Milk	Hashbrown Juice Milk	Spinach Salad Fruit Milk	Cabbage Juice Milk	Carrots Fruit Milk

**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

DON'T 4 GET!

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



or



**STEGER SCHOOL DISTRICT #194
FOOD SERVICES**