

## 2024-2025 Breakfast Menu



**Township High School District 214** 

	<u>Sides</u>	Breakfast Round	Muffin	General Mills Cereal Bowl	
	Fruit: Apple, Banana, Orange		Chocolate Chip	Cinnamon Toast Crunch	
		An apple cinnamon chewy breakfast round made	Banana	Cocoa Puffs	
	Juice: Apple, Orange	with oats	Blueberry	Honey Nut Cheerios	
			Apple Cinnamon	Lucky Charms	
	<u>Price</u>	Benefit Bar	Quaker Oatmeal	Homemade PB&J Sandwich	
	Students: \$2.50	Apple Cinnamon	Apple & Cinnamon		
	Adults: \$3.00	Banana Chocolate Chip	Maple & Brown Sugar	PB & Grape Jelly	
		Oatmeal Chocolate Chip	Cinnamon Spice		
	Breakfast comes with your choice of 1 side and a milk	Waffle	General Mills Cereal Bar		
		Froot Loops Waffle	Cinnamon Toast Crunch		
			Cocoa Puffs		
			Golden Grahams		
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## 2024-2025 Lunch Menu



### **Township High School District 214**

Price Students \$4.00 Adults \$4.50 Meal includes 1 entrée, 1 fruit, 1 vegetable, 1 milk Nutritional information available on D214 Website

Menu subject to change without notice

		Monday	Tuesday	Wednesday	Thursday	Friday	
•	٠	Cheeseburger Pizza Slice Plant Based Veggie	<ul><li>Nachos</li><li>Crispy or Spicy Chicken Tenders</li></ul>	<ul><li>All Beef Hot Dog</li><li>Bowtie Cajun Pasta</li></ul>	<ul> <li>Chicken Potato Bowl</li> <li>BBQ Chicken Flatbread</li> </ul>	<ul> <li>Barbacoa Taco</li> <li>Tony's Garlic Cheese</li> <li>Bread</li> </ul>	
WEEKA		Burger  Deli Sub Sandwich  Garden Salad  PBJ Uncrustable	Deli Sandwich Wrap     Garden Salad     PBJ Uncrustable	Deli Sub Sandwich     GardenSalad     PBJ Uncrustable	Deli Sandwich Wrap     Garden Salad     PBJ Uncrustable	<ul> <li>Plant Based Chicken Nuggets</li> <li>Deli Sub Sandwich</li> <li>Garden Salad</li> <li>PBJ Uncrustable</li> </ul>	
		Monday	Tuesday	Wednesday	Thursday	Friday	
EK B		Crispy, Spicy, or Grilled Chicken Sandwich Pizza Slice	<ul><li>Chilaquiles</li><li>Fish Sandwich</li><li>Plant Based Chicken Nuggets</li></ul>	<ul> <li>Crispy or Spicy         Chicken Wrap         Pizza Bagel     </li> </ul>	<ul><li>Penne Rosa Pasta</li><li>Grilled Cheese</li><li>Plant Based Veggie Burger</li></ul>	<ul> <li>Orange Chicken with Rice</li> <li>Bosco Cheese Stuffed Breadsticks</li> </ul>	
WEEK		Deli Sub Sandwich Garden Salad PBJ Uncrustable	Deli Sandwich Wrap     Garden Salad     PBJ Uncrustable	Deli Sub Sandwich     Garden Salad     PBJ Uncrustable	<ul><li>Deli Sandwich Wrap</li><li>Garden Salad</li><li>PBJ Uncrustable</li></ul>	<ul><li>Deli Sub Sandwich</li><li>Garden Salad</li><li>PBJ Uncrustable</li></ul>	
		August Septembe M T W T F M T W 1 2 x 3 4 4 5 7 8 9 9 10 11	October         November           T F M T W T F M T W T           5 6         1 2 x 4	December   January	February March M T W T F M T W T F M T 3 4 5 6 7 3 4 5 6 7 1	April May  W T F M T W T F  2 3 4 1 2	



# 2024-2025 Daily Side Choices

**Township High School District 214** 



### **Tuesday**

### **Wednesday**

### **Thursday**

### **Friday**

**WEEK A** 

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WEEK

French Fries

Fresh Whole Fruit

Apple Slices

Carrots

Craisins

 Iello luice

Lettuce

· Vegetable Blend

Fresh Whole Fruit

Apple Slices

Carrots

 Craisins Iello

luice

Lettuce

Broccoli

Fresh Whole Fruit

Apple Slices

Carrots

Craisins

 Iello luice

Lettuce

Corn

Fresh Whole Fruit

Apple Slices

 Carrots Craisins

Iello

luice

Lettuce

Tots

Fresh Whole Fruit

Apple Slices

Carrots

 Craisins Iello

luice

Lettuce

### **Monday**

Sweet Potato Fries

· Fresh Whole Fruit

Apple Slices

Carrots

Craisins

Lettuce

Iello

luice

Corn

Fresh Whole Fruit

**Tuesday** 

Apple Slices

 Carrots Craisins

Iello

luice

Lettuce

## Wednesday

· Vegetable Blend

Fresh Whole Fruit

· Apple Slices Carrots

Craisins

Jello

luice

Lettuce

### **Thursday**

Broccoli

Fresh Whole Fruit

 Apple Slices Carrots

Craisins

Jello

luice

Lettuce

### **Friday**

Tots

Fresh Whole Fruit

Apple Slices

 Carrots Craisins

Iello

luice

Lettuce

A lunch meal includes 1 entrée and 2 sides : 1 fruit and 1 vegetable and 1 milk.