

TOWNSHIP HIGH SCHOOL DISTRICT 214 LUNCH MENU 2021-2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Crispy Chicken Nuggets, BBQ Dipping Cup & Mashed Potatoes Big Daddy's Cheese Pizza & Mashed Potatoes Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Bento Box (Yogurt Parfait) Grilled Chicken Caesar Salad & WG Roll Uncrustable, Bag of Chips & Apple Slices Milk	Cheeseburger & French Fries Bosco Cheese Sticks, Marinara & French Fries Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Bento Box (Hummus) Garden Salad & WG Roll Uncrustable, Bag of Chips & Apple Slices Milk	Orange Chicken, Brown Rice, Fortune Cookie & Oriental Vegetables Big Daddy's Cheese Pizza & Corn Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Bento Box (Yogurt Parfait) Grilled Chicken Caesar Salad & WG Roll Uncrustable, Bag of Chips & Apple Slices Milk	All Beef Hot Dog & Tater Tots Tony's Deep-Dish Pizza & Tater Tots Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Bento Box (Hummus) Garden Salad & WG Roll Uncrustable, Bag of Chips & Apple Slices Milk	Spicy Chicken Sandwich & French Fries Big Daddy's Cheese Pizza & French Fries Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Bento Box (Yogurt Parfait) Grilled Chicken Caesar Salad & WG Roll Uncrustable, Bag of Chips & Apple Slices Milk
B	Cheeseburger & Tater Tots Big Daddy's Cheese Pizza & Tater Tots Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Grilled Chicken Caesar Salad & WG Roll Bento Box (Yogurt Parfait) Uncrustable, Bag of Chips & Apple Slices Milk	General Tso's Chicken, Stir Fry Noodles, Fortune Cookie & Oriental Vegetables Big Daddy's Cheese Pizza & Corn Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Garden Salad & WG Roll Bento Box (Hummus) Uncrustable, Bag of Chips & Apple Slices Milk	Chicken Potato Bowl , WG Roll & Corn Tony's Deep-Dish Pizza & Mashed Potatoes Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Grilled Chicken Caesar Salad & WG Roll Bento Box (Yogurt Parfait) Uncrustable, Bag of Chips & Apple Slices Milk	Crispy Chicken Sandwich & Tater Tots Big Daddy's Cheese Pizza & Tater Tots Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Garden Salad & WG Roll Bento Box (Hummus) Uncrustable, Bag of Chips & Apple Slices Milk	Pasta w/ Meatballs, Marinara Sauce, Garlic Parmesan Breadstick & Green Beans French Bread Multi-Cheese Garlic & French Fries Deli Turkey/Cheese Sandwich, Bag of Chips & Apple Slices Grilled Chicken Caesar Salad & WG Roll Bento Box (Yogurt Parfait) Uncrustable, Bag of Chips & Apple Slices Milk

Featuring

- ◆ Choose 1 entree and up to 3 additional fruit or vegetable sides daily
- ◆ Assorted varieties of fresh, frozen, canned, or dried produce everyday
- ◆ Choice of cold and refreshing fat free chocolate milk or 1% white milk

Ala Carte Items: Prices range from 50¢ to \$5.00

Please visit Food and Nutrition Services at www.d214.org/Domain/21 for more menu and program information

ADULT MEAL PRICE = \$4.50
(includes a milk)

Daily Side Choices-choose up to 3

Week A	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup
	Romaine Salad Mashed Potatoes Baby Carrots Beans, Chickpeas Seasonal Vegetable	Romaine Salad Potato, French Fries Baby Carrots Beans, Chickpeas Pickles or Pepperoncinis	Romaine Salad Oriental Vegetables or Corn Baby Carrots Beans, Chickpeas Seasonal Vegetable	Romaine Salad Potato, Tots Baby Carrots Beans, Chickpeas Pickles or Pepperoncinis	Romaine Salad Potato, French Fries Baby Carrots Beans, Chickpeas Seasonal Vegetable
Week B	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup	Sliced Apples Seasonal Fruit Craisins Juice Cup
	Romaine Salad Potato, Tots Baby Carrots Beans, Chickpeas Pickles or Pepperoncinis	Romaine Salad Oriental Vegetables or Corn Baby Carrots Beans, Chickpeas Seasonal Vegetable	Romaine Salad Mashed Potatoes Baby Carrots Beans, Chickpeas Seasonal Vegetable	Romaine Salad Potato, Tots Baby Carrots Beans, Chickpeas Pickles or Pepperoncinis	Romaine Salad Potato, French Fries Baby Carrots Beans, Chickpeas Seasonal Vegetable

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

EXPLAIN A MEAL

FRUITS VEGETABLES GRAINS PROTEIN MILK

What Makes a Lunch?

Select 3-5 Different Components

*USDA National School Lunch Requirements:

Each color dot below represents a meal component:

FRUITS VEGETABLES GRAINS
PROTEIN MILK

A balanced meal contains all meal components.

Your lunch must include a FRUIT or VEGETABLE

 *Visit ChooseMyPlate.gov for additional information

A la carte items (food and beverages) will still be available at full price and can be paid with cash or student meal account. Families can still deposit money into meal accounts for the purchase of a la carte food and beverages. Check or Credit card payments can be made via online payment at:

www.myschoolbucks.com

A la carte food items are available to all students in the cafeteria and at vending machines in the school. Prices range from \$.50 to \$5.00

The United States Department of Agriculture (USDA) oversees all school meal programs throughout the country. The USDA has approved waivers that allow High School District 214 to offer free meals – breakfast and lunch – to all students regardless of their current meal eligibility. This means that any D214 student can receive school breakfast AND lunch free of charge. This benefit has been extended to include the ENTIRE 2021-2022 SCHOOL YEAR!

• 1 Breakfast and 1 Lunch per Student/Day

For more information about the District 214 Food and Nutrition Services Department, please contact: Christine Frole, RD, SNS Director of Food and Nutrition Services christine.frole@d214.org

Breakfast is served daily at all of our District 214 schools. Check with your school for schedule

August					September					October					November								
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F				
X	X	X	X	X			1	2	3					1	A	1	2	3	4	5			
A	X	X	11	12	13	A	X	X	8	9	10	A	4	5	6	7	8	B	8	9	10	11	12
B	16	17	18	19	20	B	13	14	14	X	17	B	H	12	13	14	15	A	15	16	17	18	19
A	23	24	25	26	27	A	20	21	22	23	24	A	18	19	20	21	22	B	22	23	X	H	X
B	30	31				B	27	28	29	30	B	25	26	27	28	29	A	29	30				

December					January					February					March										
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F						
			1	2	3	B	H	4	5	6	7	B		1	2	3	4	B		1	2	3	4		
A			6	7	8	9	10	A	10	11	12	13	14	A	7	8	9	10	11	A	7	8	9	10	11
A	13	14	X	X	X	B	H	18	19	20	21	B	14	15	16	17	X	B	14	15	16	17	18		
	X	X	X	X	H	A	24	25	26	27	28	A	H	22	23	24	25	A	X	X	X	X	X		
	X	X	X	X	X	B	31					B	28					B	28	29	30	31			

April					May						
M	T	W	TH	F	M	T	W	TH	F		
				1	B	2	3	4	5	6	
B	4	5	6	7	8	A	9	10	11	12	13
A	11	X	13	14	X	B	16	17	18	19	20
B	18	19	20	21	22	A	23	24	X	X	X
A	25	26	27	28	29						

X- No Lunch Service
H- Holiday

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1. Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; 2. Fax: (202) 690-7442; or 3. Email: program.intake@usda.gov.
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