TOWNSHIP HIGH SCHOOL DISTRICT 214 LUNCH MENU 2021-2022 TUESDAY FRIDAY WEDNESDAY THURSDAY MONDAY Orange Chicken, Brown Rice, **Crispy Chicken Nuggets, BBQ Fortune Cookie & Oriental All Beef Hot Dog** Cheeseburger **Spicy Chicken Sandwich Dipping Cup & Mashed Potatoes** & French Fries Vegetables & Tater Tots & French Fries **Big Daddy's Cheese Pizza** Tony's Deep-Dish Pizza Big Daddy's Cheese Pizza **Big Daddy's Cheese Pizza Bosco Cheese Sticks, Marinara** & Mashed Potatoes & French Fries & Corn & Tater Tots & French Fries Deli Turkey/Cheese Sandwich, **Bag of Chips & Apple Slices Bag of Chips & Apple Slices Bento Box (Yogurt Parfait) Bento Box (Hummus) Bento Box (Yogurt Parfait) Bento Box (Hummus) Bento Box (Yogurt Parfait) Grilled Chicken Caesar Salad & Grilled Chicken Caesar Salad & Grilled Chicken Caesar Salad & WG Roll** Garden Salad & WG Roll **WG Roll** Garden Salad & WG Roll WG Roll **Uncrustable, Bag of Chips Uncrustable, Bag of Chips Uncrustable, Bag of Chips** Uncrustable, Bag of Chips **Uncrustable, Bag of Chips** & Apple Slices Milk Milk Milk Milk Milk **General Tso's Chicken, Stir Fry** Pasta w/ Meatballs, Marinara Chicken Potato Bowl, WG Roll **Crispy Chicken Sandwich** Cheeseburger **Noodles, Fortune Cookie &** Sauce, Garlic Parmesan & Tater Tots & Corn & Tater Tots **Breadstick & Green Beans Oriental Vegetables Big Daddy's Cheese Pizza Big Daddy's Cheese Pizza** Tony's Deep-Dish Pizza Big Daddy's Cheese Pizza French Bread Multi-Cheese Garlic & Tater Tots & Corn & Mashed Potatoes & Tator Tots & French Fries Deli Turkey/Cheese Sandwich, **Bag of Chips & Apple Slices Bag of Chips & Apple Slices Grilled Chicken Caesar Salad & Grilled Chicken Caesar Salad & Grilled Chicken Caesar Salad & WG Roll** WG Roll Garden Salad & WG Roll WG Roll Garden Salad & WG Roll **Bento Box (Yogurt Parfait) Bento Box (Hummus) Bento Box (Yogurt Parfait) Bento Box (Hummus) Bento Box (Yogurt Parfait)**

Featuring

Uncrustable, Bag of Chips

& Apple Slices

Milk

Uncrustable, Bag of Chips

& Apple Slices

Milk

- ♦ 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

Uncrustable, Bag of Chips

& Apple Slices

Milk

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

Uncrustable, Bag of Chips

& Apple Slices

Milk

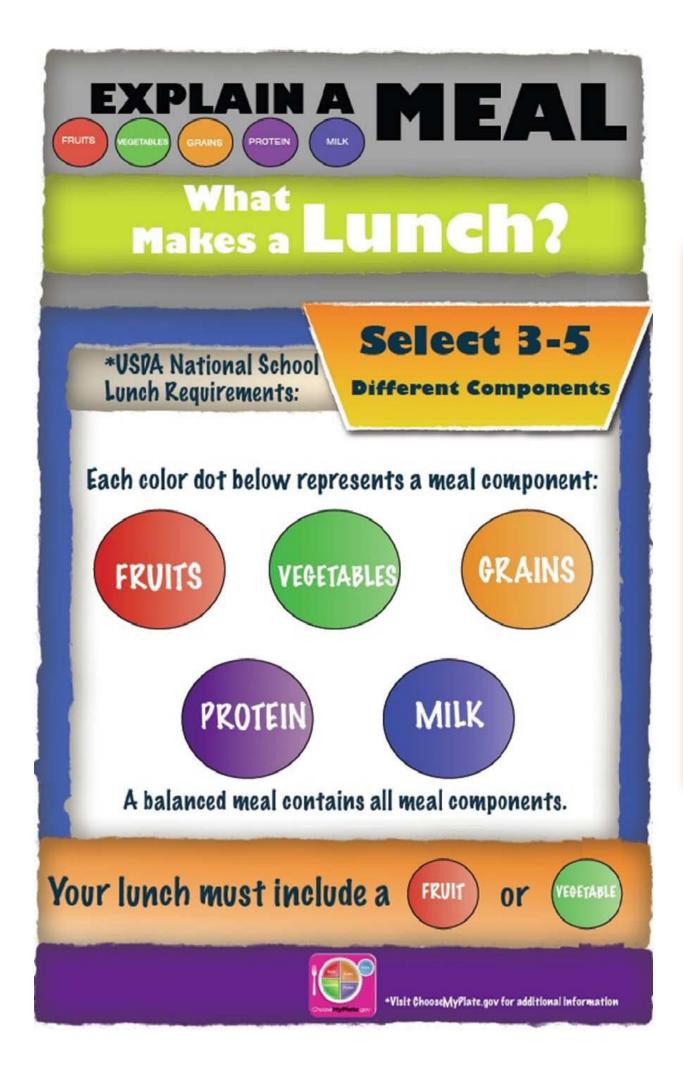
Daily Side Choices-choose up to 3

Uncrustable, Bag of Chips

& Apple Slices

Milk

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



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

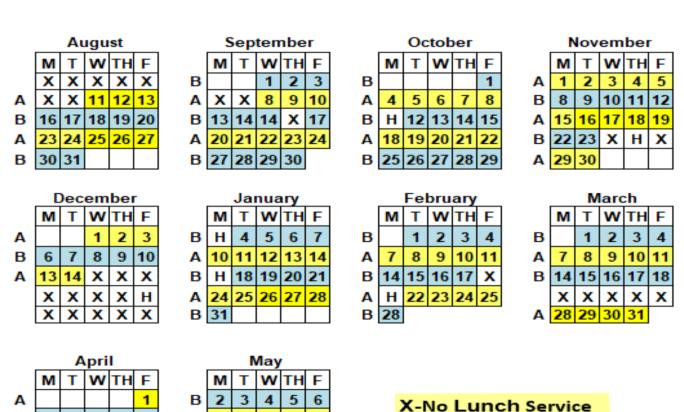
A la carte food items are available to all students in the cafeteria and at vending machines in the school. Prices range from \$.50 to \$5.00

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

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



H- Holiday

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A 23 24 X X X

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at https://www.ascr.usda.gov/how-file-program-discrimination-complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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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.

This institution is an equal opportunity provider.