

October 2021



Flossmoor Dist. 161 Hot Lunch

Mon	Tue	Wed	Thu	Fri
10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021
Main Entree Mini Corn Dogs	Main Entree Swedish Meatball	Main Entree BBQ Chicken Filet Sandwich	Main Entree Turkey Ham & Cheese On Croissant	Main Entree Mac & Cheese With Turkey
Vegetable Jicama Green Beans	Vegetable Baby Carrots Corn	Vegetable Fresh Broccoli Mashed Potatoes	Vegetable Spinach Salad Grape Tomatoes	Vegetable Black Beans Peas
Fruit Orange - 1/2 c	Fruit Applesauce Cup - 1/2 c	Fruit Fresh Banana - 1/2 c	Fruit Craisins - 1/2 c	Fruit Fresh Red Apple - 1/2 c
Mustard	Grain Dinner Roll - 1 oz	Grain Sliced Bread - 2 oz	Ranch Dressing Mustard	Grain Sliced Bread - 2 oz
10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021
No School	Main Entree Baked Chicken Leg	Main Entree Turkey Sloppy Joes	Main Entree Orange Chicken	Main Entree Veggie Chili
	Vegetable Parsley Carrots Potato Salad	Vegetable Spinach Salad Grape Tomatoes	Vegetable Peas & Carrots Fresh Broccoli	Vegetable Cucumber Slices
	Fruit Mixed Fruit Cup - 1/2 c	Fruit Mandarin Oranges Fruit Cup - 1/2 c	Fruit Fresh Banana - 1/2 c	Fruit Fresh Red Apple - 1/2 c
	Grain Sliced Bread - 2 oz	Grain Hamburger Bun - 2 oz	Grain Brown Rice - 2 oz	Grain Dinner Roll - 1 oz
10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
Main Entree Nacho Puff	Main Entree Ravioli with Marinara Sauce	Main Entree Popcorn Chicken	Main Entree Chicken Filet Sandwich	Main Entree Meatloaf and Gravy
Vegetable Baby Carrots Salsa Cup	Vegetable Steamed Broccoli	Vegetable Cauliflower Crinkle Cut Fries	Vegetable BBQ Three Bean Salad Baby Carrots	Vegetable Corn Mashed Potatoes
Fruit Diced Pears - 1/2 c	Fruit Applesauce Cup - 1/2 c	Fruit Tangerine - 1/2 c	Fruit Diced Peach Cup - 1/2 c	Fruit Fresh Banana
		Grain Dinner Roll - 1 oz	Condiments Ranch Dressing	Grain Dinner Roll Cheerios Cereal Bar
		Condiments Ranch Dressing		
10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021
Main Entree Yogurt Cup	Main Entree Cheeseburger With Bun	Main Entree Chicken Alfredo	Main Entree Beef Taco Meat	Students Half-Day: School Improvement Day No Lunch
Vegetable Wango Mango Juice Baby Carrots	Vegetable Seasoned Potato Wedges Grape Tomatoes	Vegetable Mixed Vegetables Fresh Broccoli	Vegetable Refried Beans Red Pepper Slices	
Fruit Raisins - 1/2 c	Fruit Fresh Green Apple - 1/2 c	Fruit Pineapple Fruit Cup - 1/2 c	Fruit Fresh Banana - 1/2 c	
Grain Sliced Bagel WG - 1 oz			Grain Tortilla Chips - 1 oz	
Condiments Ranch Dressing			Condiments Ranch Dressing	
Dairy and Egg Products String Cheese - 1 oz			Dairy and Egg Products Shredded Cheddar Cheese	