

December

# Wheeling CCSD #21 Middle School Lunch Menu

*Offered Daily:*  
 Chicken Patty / Whole Wheat Bun  
 Cheeseburger / Whole Wheat Bun  
 Whole Wheat Pizza Slice  
 Deli Sandwich Made to Order

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>30            Baked Whole Grain Chicken Nuggets &amp; Wheat Roll  <b>Hamburger / Wheat Bun</b>            Three Cheese Salad</p> <p><b>Potato Wedges</b>  <b>**Seasoned Mix Vegetables</b>  <b>Peaches</b></p>	<p>1            Beefy Ravioli &amp; Wheat Roll with Jelly            Turkey Club Salad  <b>Veggie Lover's Sub &amp; Macaroni Salad</b></p> <p>Spinach Salad            Mixed Fruit  <b>Fresh Pear</b></p>	<p>2            Hot Turkey Ham &amp; Cheese Bagel            Chef Salad  <b>Chicken Brushetta Pizza</b></p> <p><b>Broccoli &amp; Carrots Tossed Salad w/ Dressing</b>  <b>Fruit Crisp</b></p>	<p>3  <b>Pasta Marinara w/Mozzarella Cheese &amp; Bosco Stick</b>            Chicken Caesar Salad</p> <p><b>**Seasoned Peas</b>  <b>Golden Pineapple</b>  <b>**Fresh Apple</b></p>	<p>4            Beef Hot Dog / Wheat Bun  <b>Tuna Salad Wrap</b>            Antipasto Salad</p> <p>Vegetarian Baked Beans  <b>Diced Peas</b>  <b>Banana</b></p>	<p>Cal 805            T.Fat 22.33 G            S.Fat 7.8 G            Chol 54.3 Mg            Sodm 1712.52 Mg            Carb 118.70 G            Fiber 10.5 G            Prtn 34.93 G            Iron 4.60 Mg            Calc 593.72 Mg            Vit A 438.89 RE            Vit C 22.41 Mg</p>
<p>7  <b>Popcorn Chicken with Garlic Toast Sticks</b>            Spinach Salad</p> <p><b>White Rice</b>  <b>**Carrots &amp; Corn</b>  <b>Fresh Pear</b></p>	<p>8            Macaroni &amp; Cheese w/ Wheat Roll            Chicken Caesar Salad  <b>Tuna Salad Wrap</b></p> <p>Seasoned Green Beans  <b>Diced Peas</b>  <b>Fresh Orange</b></p>	<p>9            Hard Shell Tacos            Three Cheese Salad            South of the Border Pizza  <b>Turkey Club Bagel &amp; Vegetable Pasta Salad</b></p> <p>Garden Salad            Mixed Fruit  <b>**Fresh Apple</b></p>	<p>10            BBQ Rib Sandwich  <b>Hamburger / Wheat Bun</b>            Chef Salad</p> <p><b>Potato Wedges</b>  <b>Confetti Cole Slaw</b>  <b>Peaches</b></p>	<p>11            Burrito w/Spanish Rice  <b>Whole Grain Chicken Patty on a Wheat Bun</b>            Taste of the Sea Salad</p> <p><b>Golden Corn</b>  <b>Romaine Lettuce &amp; Tomato Salad</b>  <b>Banana</b></p>	<p>Cal 802            T.Fat 23.68 G            S.Fat 8.0 G            Chol 54.9 Mg            Sodm 1668.53 Mg            Carb 114.10 G            Fiber 9.1 G            Prtn 34.42 G            Iron 5.06 Mg            Calc 563.18 Mg            Vit A 434.64 RE            Vit C 27.51 Mg</p>
<p>14  <b>Macho Nachos &amp; Brown Rice</b>            Antipasto Salad</p> <p><b>Southwest Beans</b>  <b>Romaine Lettuce &amp; Tomato</b>  <b>Fresh Orange</b></p>	<p>15            Baked Whole Grain Chicken Nuggets w/Wheat Roll &amp; Jelly  <b>Hamburger on a WW Bun</b>            Mandarin Chicken Salad</p> <p><b>Oven French Fries</b>  <b>Seasoned Broccoli</b>  <b>**Fresh Apple</b></p>	<p>16  <b>Philly Cheese Steak w/ Sauted Peppers &amp; Onions</b>            Chicken Caesar Salad</p> <p><b>Seasoned Corn</b>  <b>Peaches</b>            Pudding Parfait</p>	<p>17  <b>Pasta w/ Meat Sauce &amp; Garlic Toast Sticks</b>            Catalina Chicken Salad            S  <b>Seasoned Green Beans</b>            Mixed Fruit  <b>Banana</b></p>	<p>18            Corn Dog            Chef Salad  <b>Tuna Salad Wrap &amp; **Fresh Apple</b></p> <p>Potato Wedges            Carrot Sticks w/ Ranch  <b>Diced Peas</b></p>	<p>Cal 804            T.Fat 25.18 G            S.Fat 8.7 G            Chol 57.9 Mg            Sodm 1639.57 Mg            Carb 110.50 G            Fiber 9.1 G            Prtn 35.50 G            Iron 4.64 Mg            Calc 575.16 Mg            Vit A 596.08 RE            Vit C 36.60 Mg</p>

Items in **BOLD** taken along with a 1% milk comprise a Balanced Choice Meal, "better-for-you" choices.

For questions about the menu, please call the food service office at (847) 279-3451 or e-mail [unit16399@compass-usa.com](mailto:unit16399@compass-usa.com).

\*\* Indicates LOCAL GROWN fresh or frozen produce.

This institution is an equal opportunity provider. Food service provided by Chartwells. Menu subject to change without notice.

*Have a wonderful Winter Break!*