

February

Wheeling CCSD #21 Elementary School Lunch

Available Daily:
Chicken Patty Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Hamburger Wheat Bun Turkey & Cheese Sub Corn on the Cob Vegetable Pasta Salad Pears * Fresh Apple	2 Soft Shell Tacos Chicken Caesar Salad Veggie Rice Carrot Sticks Peaches Fresh Orange	3 Cheese Pizza Turkey & Cheese Sub Broccoli Celery Sticks * Baked Apple Slices Fresh Pear	4 Sloppy Joe / Wheat Bun Chef Salad Seasoned Green Beans Garden Salad Mixed Fruit * Fresh Apple	5 Chicken Fajitas / Salsa Turkey & Cheese Sub * Golden Corn Carrots/Celery Sticks Peaches Banana	Cal 670 T.Fat 19.43 G S.Fat 5.3 G Chol 52.0 Mg Sodm 1344.21 Mg Carb 94.66 G Fiber 7.2 G Prtn 30.13 G Iron 4.12 Mg Calc 443.95 Mg Vit A 807.31 RE Vit C 27.18 Mg
8 Cheesy Nachos Pizza Bagel * Seasoned Corn Mixed Greens Salad Peaches * Fresh Apple	9 Beefy Ravioli & Wheat Roll Chef Salad * Sweet Peas Celery Sticks Mandarin Oranges Fresh Pear	10 Baked Whole Grain Chicken Nuggets & Wheat Roll Pizza Bagel * Mixed Vegetables Carrot Sticks Golden Pineapple Fresh Orange Chocolate Pudding	11 Bosco Sticks / Sauce Chef Salad Seasoned Green Beans Garden Salad Mixed Fruit Banana	12 Lincoln's Birthday No School	Cal 672 T.Fat 17.92 G S.Fat 5.2 G Chol 34.1 Mg Sodm 1468.63 Mg Carb 104.59 G Fiber 8.1 G Prtn 25.83 G Iron 3.35 Mg Calc 424.29 Mg Vit A 511.43 RE Vit C 17.19 Mg
15 Conference Day No School	16 Mini Corn Dog Dippers Tuna Salad/Wheat Bun * Seasoned Peas & Carrots Garden Salad Applesauce Fresh Orange	17 Pepperoni Pizza OR Cheese Pizza Chef Salad Carrot Sticks w/ Ranch Antipasto Pasta Salad Pears * Fresh Apple	18 Cheeseburger / Wheat Bun Tuna Salad/Wheat Bun Potato Rounds Celery Sticks Peaches Banana	19 Whole Wheat Pasta w/Meat Sauce & Wheat Roll Chef Salad Green Beans Garden Salad Mixed Fruit * Fresh Apple	Cal 682 T.Fat 19.27 G S.Fat 5.7 G Chol 47.3 Mg Sodm 1340.67 Mg Carb 100.37 G Fiber 8.9 G Prtn 28.21 G Iron 4.39 Mg Calc 441.76 Mg Vit A 850.19 RE
22 Baked Whole Grain Chicken Nuggets w/Honey Mustard & Whole Wheat Bread Chicken Caesar Salad Mashed Potatoes Garden Salad Golden Pineapple Fresh Orange	23 French Toast Sticks & Syrup with Beef Sausage Patty Turkey Ham and Cheese Sub Broccoli Salad Carrot Sticks Cinnamon Peaches Fresh Pear	24 Macaroni & Cheese Chef Salad Green Beans & Corn Celery Sticks Pears * Fresh Apple	25 Turkey Hot Dog / Wheat Bun Chef Salad Potato Wedges * Mixed Vegetables Peaches Fresh Orange	26 Beef & Bean Nachos Supreme Turkey & Cheese Sub * Sweet Peas Garden Salad Apricots Banana	Cal 676 T.Fat 18.99 G S.Fat 5.0 G Chol 38.7 Mg Sodm 1199.69 Mg Carb 103.29 G Fiber 7.6 G Prtn 24.36 G Iron 3.31 Mg Calc 406.04 Mg Vit A 479.14 RE Vit C 25.33 Mg

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

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

** Indicates LOCAL GROWN fresh or frozen produce.

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