

February

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
1 Oven Fried Chicken Hamburger/Wheat Bun Three Cheese Salad Oven French Fries *Seasoned Mix Vegetables Mixed Fruit Fresh Orange	2 Philly Cheese Steak & Sautéed Peppers & Onions Chicken Caesar Salad *Seasoned Corn Golden Pineapple Fresh Pear Pudding Parfait	3 Pasta Marinara w/Mozzarella Cheese & Bosco Stick Chicken Caesar Salad Buffalo Chicken Pizza *Seasoned Peas Mixed Greens Salad Peaches * Fresh Apple	4 BBQ Rib on a Bun Chicken Salad Wrap with Macaroni Salad Chef Salad Potato Rounds Seasoned Green Beans Pineapple Orange Cup Banana	5 Chicken Fajitas with Salsa & Fiesta Rice Yogurt & Fruit Platter Southwest Beans Carrot Sticks Apricots Fresh Orange	Cal 808 T.Fat 24.12 G S.Fat 8.8 G Chol 59.0 Mg Sodm 1601.69 Mg Carb 113.37 G Fiber 9.1 G Prtn 36.52 G Iron 4.59 Mg Calc 604.52 Mg Vit A 542.29 RE Vit C 32.47 Mg
8 Beef Hot Dog Tuna Salad Wrap Antipasto Salad Vegetarian Baked Beans Celery Sticks Pears *Fresh Apple	9 Cheese Ravioli/Wheat Roll & Jelly Chicken Caesar Salad Turkey Club Bagel Sandwich Green Beans Broccoli Salad Apricots * Fresh Apple	10 Popcorn Chicken with Garlic Toast & Rice Mexican Pizza Tuna Salad Platter *Carrots & Corn Romaine Lettuce & Tomato Salad Peaches & Pears Fresh Orange	11 Beef Burrito & Refried Beans Triple Decker BLT with Macaroni Salad Turkey Club Salad * Seasoned Mix Vegetables Carrot Sticks Mandarin Oranges Fresh Pear	12 Lincoln's Birthday No School	Cal 792 T.Fat 23.04 G S.Fat 7.7 G Chol 50.8 Mg Sodm 1726.37 Mg Carb 115.88 G Fiber 10.8 G Prtn 33.08 G Iron 4.43 Mg Calc 566.97 Mg Vit A 845.26 RE Vit C 32.70 Mg
15 Conference Day No School	16 Corn Dog Catalina Chicken Salad Tuna Salad Wrap Oven French Fries Fresh Zucchini Peaches Fresh Orange	17 Chicken Enchilda & Wheat Roll Chef Salad BBQ Chicken Pizza Golden Corn Carrot Sticks w/ Ranch Pears * Fresh Apple	18 Hot Ham & Cheese Bagel Chef Salad Chicken Salad Wrap & Macaroni Salad Potato Rounds Tossed Salad w/ Dressing *Warm Baked Apple Slices Banana	19 Pasta w/ Sauce & Garlic Toast Chicken Caesar Salad Turkey & Swiss Sandwich with Macaroni Salad Spinach Salad Seasoned Green Beans Mixed Fruit Fresh Pear	Cal 826 T.Fat 23.66 G S.Fat 8.7 G Chol 63.4 Mg Sodm 1750.90 Mg Carb 118.47 G Fiber 9.5 G Prtn 36.00 G Iron 4.57 Mg Calc 577.02 Mg Vit A 628.75 RE Vit C 25.39 Mg
22 Baked WG Chicken Nuggets & Wheat Roll Hamburger / Wheat Bun Antipasto Salad Potato Wedges *Seasoned Mix Vegetables Mixed Fruit Fresh Tangerine	23 Italian Meatball Sub Three Cheese Salad Chicken Salad Wrap & Macaroni Salad Potato Rounds Seasoned Green Beans Apricots * Fresh Apple	24 Macaroni & Cheese / Wheat Roll Aloha Pizza Chicken Caesar Salad Tuna Salad Wrap * Sweet Peas Tossed Salad w/ Dressing Peaches Fresh Pear	25 Chicken Parmesan Wrap Chef Salad Potato Wedges Carrot Sticks w/ Ranch Pears Banana	26 Macho Nachos /Brown Rice Antipasto Salad Seasoned Corn Mixed Greens Salad Apricots Fresh Orange	Cal 805 T.Fat 24.87 G S.Fat 8.3 G Chol 52.4 Mg Sodm 1728.09 Mg Carb 112.31 G Fiber 9.2 G Prtn 34.33 G Iron 4.34 Mg Calc 570.53 Mg Vit A 727.11 RE Vit C 23.74 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.