

January

# 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>4</p> <p>Italian Meatball Sub Tuna Salad Wrap</p> <p>Potato Rounds Seasoned Green Beans Peaches &amp; Pears</p>	<p>5</p> <p>Zesty Sloppy Joe / Wheat Bun Hamburger / Wheat Bun Three Cheese Salad</p> <p>Vegetarian Baked Beans Carrot Sticks Mixed Fruit</p>	<p>6</p> <p>French Toast Sticks &amp; Syrup with Beef Sausage Patty Mandarin Chicken Salad Aloha Pizza</p> <p>Mixed Greens Salad Golden Corn Warm Baked Apple Slices</p>	<p>7</p> <p>Popcorn Chicken &amp; Garlic Toast Sticks Spinach Salad</p> <p>Brown Rice Seasoned Carrots Fresh Orange</p>	<p>8</p> <p>Macaroni &amp; Cheese with Wheat Roll Chicken Caesar Salad Tuna Salad Wrap</p> <p>Seasoned Broccoli Pears Banana</p>	<p>Cal 794 T.Fat 24.39 G S.Fat 8.1 G Chol 50.9 Mg Sodm 1588.42 Mg Carb 111.67 G Fiber 8.4 G Prtn 33.14 G Iron 4.33 Mg Calc 563.15 Mg Vit A 953.86 RE Vit C 28.29 Mg</p>
<p>11</p> <p>BBQ Rib Sandwich Chicken Salad Wrap with Macaroni Salad Chef Salad</p> <p>Potato Rounds Pineapple Orange Cup Banana</p>	<p>12</p> <p>Hard Shell Tacos Three Cheese Salad Turkey Club Bagel with Vegetable Pasta Salad</p> <p>Southwest Beans Mixed Fruit Peach Pudding Parfait</p>	<p>13</p> <p>Hot Ham &amp; Cheese Bagel Chef Salad Chicken Bruschetta Pizza</p> <p>Carrots &amp; Corn Tossed Salad w/ Dressing Cinnamon Apple Slices</p>	<p>14</p> <p>Chicken Parmesan Wrap Chicken Caesar Salad</p> <p>Potato Wedges Carrot Pineapple Salad Pears</p>	<p>15</p> <p>Chicken Fajitas Yogurt &amp; Fruit Platter</p> <p>Fiesta Rice Golden Corn Peaches</p>	<p>Cal 786 T.Fat 22.65 G S.Fat 8.1 G Chol 56.6 Mg Sodm 1787.46 Mg Carb 112.10 G Fiber 7.9 G Prtn 34.62 G Iron 4.45 Mg Calc 588.54 Mg Vit A 752.41 RE Vit C 18.34 Mg</p>
<p>18</p> <p>HOLIDAY</p>	<p>19</p> <p>Bean Burrito w/Spanish Rice Taste of the Sea Salad Whole Grain Chicken Sandwich</p> <p>Seasoned Mix Vegetables Romaine Lettuce &amp; Tomato Fresh Pear</p>	<p>20</p> <p>Corn Dog Catalina Chicken Salad Tuna Salad Wrap South of the Border Pizza</p> <p>Oven French Fries Golden Pineapple Fresh Apple</p>	<p>21</p> <p>Macho Nachos with Brown Rice Chef Salad</p> <p>Mexican Corn Carrot Sticks w/ Ranch Fresh Orange</p>	<p>22</p> <p>Pasta w/ Meat Sauce &amp; Garlic Toast Sticks Chicken Caesar Salad</p> <p>Seasoned Green Beans Mixed Fruit Banana</p>	<p>Cal 805 T.Fat 24.56 G S.Fat 8.3 G Chol 57.6 Mg Sodm 1740.94 Mg Carb 113.19 G Fiber 10.1 G Prtn 33.54 G Iron 4.66 Mg Calc 546.93 Mg Vit A 863.33 RE Vit C 33.97 Mg</p>
<p>25</p> <p>Institute Day No School Today</p>	<p>26</p> <p>Turkey Hot Dog / Wheat Bun Tuna Salad Wrap Antipasto Salad</p> <p>Vegetarian Baked Beans Pears Fresh Apple</p>	<p>27</p> <p>Chicken Parmesan Sandwich Chicken Salad Wrap &amp; Macaroni Salad Chef Salad BBQ Chicken Pizza</p> <p>Seasoned Green Beans Carrot Sticks w/ Ranch Apricots</p>	<p>28</p> <p>Seoul Steak Wrap Turkey Club Salad</p> <p>Mixed Greens Salad Oven French Fries Peaches</p>	<p>29</p> <p>Chili Potato Wedges w/ Corn Muffin &amp; Jelly Triple Decker BLT w/ Macaroni Salad</p> <p>Carrot Sticks Fresh Orange Mixed Fruit</p>	<p>Cal 789 T.Fat 24.02 G S.Fat 8.7 G Chol 58.8 Mg Sodm 1713.28 Mg Carb 108.79 G Fiber 9.2 G Prtn 34.91 G Iron 4.69 Mg Calc 602.07 Mg Vit A 1437.02 RE Vit C 28.85 Mg</p>

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

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).

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.