

# Wheeling CCSD #21 Middle School Lunch

# October

*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
5 Beef Hot Dog <b>Tuna Salad Wrap</b> Antipasto Salad  Tator Tots <b>Applesauce</b> <b>Banana</b>	6 <b>Chicken Fajitas / Salsa</b> Yogurt & Fruit Platter  <b>Fiesta Rice</b> <b>**Mexican Corn</b> <b>Fresh Orange</b>	7 Ham & Cheese on Bagel Chicken Caesar Salad <b>Chicken Brushetta Pizza</b>  <b>**Steamed Carrots</b> <b>Tossed Salad w/ Light Dressing</b> <b>Fruit Crisp</b>	8 Bosco Sticks / Sauce Turkey Club Salad <b>Whole Grain Chicken Patty on Wheat Bun with Romaine Lettuce &amp; Tomato</b>  <b>**Seasoned Mix Vegetables</b> Fruited Gelatin <b>Banana</b>	9 Chicken Parmesan Sandwich <b>Chicken Salad Wrap</b> Chef Salad  <b>**Seasoned Peas</b> <b>Macaroni Salad</b> <b>**Fresh Apple</b>	Cal 786 T.Fat 22.13 G S.Fat 7.8 G Chol 51.4 Mg Sodm 1701.69 Mg Carb 113.70 G Fiber 10.0 G Prtn 34.89 G Iron 4.71 Mg Calc 608.07 Mg Vit A 584.80 RE Vit C 31.17 Mg
12 Columbus Day Holiday	13 Baked Whole Grain Chicken Nuggets w/ Wheat Roll <b>Hamburger on a Wheat Bun</b> Chef Salad  <b>Baked Potato Wedges</b> <b>**Peas &amp; Carrots</b> <b>Fresh Orange</b>	14 Hard Shell Tacos Three Cheese Salad South of the Border Pizza <b>Turkey Club Bagel with Vegetable Pasta Salad</b>  Garden Salad Mixed Fruit <b>**Fresh Apple</b>	15 <b>Philly Cheese Steak with Sautéed Peppers &amp; Onions</b> Chicken Caesar Salad  <b>**Seasoned Corn Applesauce</b> Animal Crackers	16 Beef & Bean Burrito with Spanish Rice <b>Whole Grain Chicken Patty/Wheat Bun</b> Taste of the Sea Salad  <b>**Seasoned Mix Vegetables</b> <b>Romaine Lettuce &amp; Tomato</b> <b>Banana</b>	Cal 784 T.Fat 23.77 G S.Fat 8.2 G Chol 55.7 Mg Sodm 1527.11 Mg Carb 108.67 G Fiber 9.5 G Prtn 35.29 G Iron 5.14 Mg Calc 571.96 Mg Vit A 396.52 RE Vit C 31.79 Mg
19 Corn Dog Antipasto Salad <b>Tuna Salad Wrap</b>  Vegetarian Baked Beans <b>Peaches</b> <b>Fresh Pear</b>	20 Baked Popcorn Chicken & Wheat Roll <b>Hamburger / Wheat Bun</b> Spinach Salad  <b>Oven French Fries</b> <b>**Seasoned Mix Vegetables</b> <b>Fresh Orange</b>	21 <b>Chicken Parmesan Wrap</b> Catalina Chicken Salad BBQ Chicken Pizza  <b>**Seasoned Corn</b> <b>Carrot Sticks</b> <b>Mixed Fruit</b>	22 <b>Macho Nachos with Rice</b> Taste of the Sea Salad  <b>Southwest Beans</b> <b>Romaine Lettuce &amp; Tomato</b> <b>Fresh Orange</b>	23 Pasta w/ Meat Sauce and Wheat Roll Fried Chicken Salad  <b>**Seasoned Peas &amp; Carrots</b> Golden Pineapple <b>**Fresh Apple</b>	Cal 786 T.Fat 21.96 G S.Fat 7.7 G Chol 58.1 Mg Sodm 1833.22 Mg Carb 113.86 G Fiber 10.4 G Prtn 35.80 G Iron 4.69 Mg Calc 588.33 Mg Vit A 900.19 RE Vit C 41.34 Mg
26 Beefy Ravioli & Wheat Roll Chicken Caesar Salad <b>Veggie Lover's Sub with Macaroni Salad</b>  <b>**Seasoned Carrots</b> Apricots <b>**Fresh Apple</b>	27 Sloppy Joe on a Wheat Bun Three Cheese Salad <b>Hamburger on a Wheat Bun</b>  <b>**Seasoned Peas</b> <b>Potato Wedges</b> <b>Fresh Orange</b>	28 French Toast Sticks / Syrup with Beef Sausage Patty Mandarin Chicken Salad <b>Aloha Pizza</b>  <b>Mixed Greens Salad / Light Dressing</b> <b>**Golden Corn</b> <b>**Warm Baked Apple Slices</b>	29 Macaroni & Cheese / Wheat Roll Chicken Caesar Salad <b>Tuna Salad Wrap</b>  <b>**Seasoned Mix Vegetables</b> <b>Mixed Fruit</b> <b>Banana</b>	30 Half Day Breakfast Only	Cal 806 T.Fat 22.79 G S.Fat 7.6 G Chol 48.9 Mg Sodm 1546.55 Mg Carb 118.98 G Fiber 9.0 G Prtn 33.73 G Iron 4.52 Mg Calc 560.21 Mg Vit A 505.30 RE Vit C 27.07 Mg

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](mailto:unit16399@compass-usa.com).

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