

HALF DAY AND SPRAGUE LUNCH MENU

AUGUST 2019

Student Meal
Includes Entrée, Unlimited
Fruit and Vegetable Bar
with Water, Juice or Milk
\$4.50

MY MEAL ORDER
Please visit
www.MyMealOrder.com
to pre-order lunch for the
day, week or month. You
must pre-order in order to
receive a lunch.

**Questions, Concerns or
Feedback?**
Contact Mary Janiak at
Quest@d103.org

<p>NO SCHOOL TEACHER INSTITUTE</p>	<p>20</p> <p>Viccinos PIZZA DAY! Cheese or Pepperoni Pizza without Gluten</p>	<p>21</p> <p>Chicken Tenders Wedge Potatoes Green Beans</p> <p>Black Bean Burger Wedge Potatoes Green Beans</p>	<p>22</p> <p>French Toast Sticks Turkey Sausage Banana</p> <p>French Toast Sticks Vegetarian Sausage Banana</p>	<p>23</p> <p>Seasoned Shredded Chicken Taco Spanish Rice</p> <p>Cheese Quesadilla Spanish Rice</p>
<p>26</p> <p>All Beef Hot Dog Pretzels Mixed Vegetables</p> <p>Pasta Alfredo Mixed Vegetables</p>	<p>27</p> <p>Viccinos PIZZA DAY! Cheese or Pepperoni Pizza without Gluten</p>	<p>28</p> <p>Cheese Ravioli Meat Sauce Carrots Breadstick</p> <p>Cheese Ravioli Marinara Carrots Breadstick</p>	<p>29</p> <p>Sweet and Sour Chicken White Rice Vegetable Egg Roll</p> <p>Vegetable Fried Rice Vegetable Egg Roll</p>	<p>30</p> <p>Breaded Chicken Breast Sandwich Tater Tots Corn</p> <p>Grilled Cheese Tomato Soup</p>

SPRAGUE AND HALF DAY LUNCH MENU

SEPTEMBER 2019

Student Meal
Includes Entrée, Unlimited
Fruit and Vegetable Bar with
Water, Juice or Milk
\$4.50

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2 LABOR DAY NO SCHOOL	3 Viccinos Pizza Day Cheese or Pepperoni Pizza without Gluten	4 Homemade Meatloaf Mashed Potatoes Steamed Broccoli Macaroni and Cheese Steamed Broccoli	5 Meatball Sandwich Potato Wedges Vegetable Panini Minestrone Soup	6 Beef and Broccoli Stir Fry Brown Rice Asian Vegetable Blend Pasta Marinara California Blend Veggies
9 Chicken Nuggets Mixed Vegetables Gnocchi With Nut Free Pesto Garlic Breadstick	10 Viccinos Pizza Day Cheese or Pepperoni Pizza without Gluten	11 Italian Beef Sandwich Roasted Red Potatoes Green Beans Potato and Cheese Pierogis	12 Pulled Pork Sandwich Corn Black Bean Burger Corn	13 Beef Hamburger or Cheeseburger Carrots Buttered Noodles Carrots
16 Spaghetti With Meatballs And Marinara Breadstick Spaghetti With Marinara Breadstick	17 Viccinos Pizza Day Cheese or Pepperoni Pizza without Gluten	18 Popcorn Chicken Bowl (Chicken Tenders over mashed potatoes and corn) Pasta Alfredo Corn	19 Pancakes Turkey Sausage Banana Turkey and Cheese Panini Chicken Noodle Soup	20 Mini Chicken Sliders Potato Wedges Green Beans Cheese Enchiladas Green Beans
23 Beef Tacos Spanish Rice Cheese Quesadilla Spanish Rice	24 Viccinos Pizza Day Cheese or Pepperoni Pizza without Gluten	25 All Beef Hot Dog Pretzels Mixed Vegetables Macaroni and Cheese Mixed Vegetables	26 Breaded Chicken Tenders Corn Buttered Noodles Corn	27 Beef Fajitas With Peppers and Onions Cilantro Rice Vegetarian Black Bean Fajitas With Peppers and Onions Cilantro Rice
30 Cheese Ravioli With Meat Sauce Breadstick Cheese Ravioli With Marinara Breadstick				