



Lunch AUGUST 2023



NEIGHBORS.
EMPOWERED.

Boone, DeKalb, DuPage, Kane, Kankakee, Kendall, Lake, McHenry, Will

Monday	Tuesday	Wednesday	Thursday	Friday
	01 Walking Taco Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Nacho Doritos, 1oz Pico de Gallo, 1/4c Peach, 1/2c Taco Sauce, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	02 Breakfast for Lunch Peach Yogurt, 8oz Honey Scooters Cereal, 1oz Strawberries, 1/2c Fresh Orange, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	03 Chopped Salad Mozz Cheese Stick, 2oz (2) WG Breadstick 1oz, (1ea) WG Croutons, .25oz (1ea) Chopped Lettuce, 3/4c Plum, 1/2c Marinara Sauce, 1oz Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	04 Ham and cheese Sliced Turkey Ham, 2oz Monterrey Jack Cheese, .75oz Pretzel Roll, 2oz Broccoli, 1/4c Cantaloupe, 1/2c Mustard, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>
07 Sunbutter Sandwich Sunbutter Sandwich, 2.6oz Mozzarella Stick, 1oz WG Cheddar Crackers, .75oz Carrots, 1/2c Apple, 1/2c FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	08 Parfait Day Vanilla Yogurt, 4oz Sunflower Seeds, 1oz (1ea) Granola, 1oz Pretzels, .75oz (1ea) Strawberries, 1/2c Blueberries, 1/4c 1% White Milk, 8oz # of Leftovers <input type="text"/>	09 Cracker Stacker Turkey Ham Squares, 2oz Cheese Cubes, 1oz WG Crackers, .7oz (3ea) Carrots, 1/2c Grapes, 1/2c Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	10 Southwest Wrap Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Tortilla, 1oz (1ea) Peppers, 1/4c Nectarine, 1/2c Taco Sauce, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	11 Bite Size Turkey Bites, 1oz Cheese Stick, 1oz Pretzels, .7oz (1ea) Grape Tomatoes, 1/4c Grapes, 1/2c Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>
14 Turkey on Oat Bread Sliced Turkey, 2oz Provolone Cheese, 1oz Oat Bread, 2oz Vegetable Sticks, 1/2c Flavored Applesauce, 1/2c Low-Fat Mayo, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	15 It's Brunch Time! Hardboiled Egg, 1ea Strawberry Yogurt, 4oz WG Blueberry Muffin, 2oz Carrots, 1/2c Plum, 1/4c Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	16 Nacho Day Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Tortilla Chips, 1oz Red Salsa, 1/2c Strawberries, 1/2c Sour Cream, 1ea Taco Sauce, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	17 Flatbread Pizza WG Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 2oz Marinara Sauce, 1oz Green Pepper Slices, 1/3c Pear, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	18 Chicken Dippers WG Breaded Nugget, 3oz (5) WG Sun Chips, 1oz Broccoli, 1/4c Watermelon, 1/2c BBQ Sauce, 1ea Ketchup, 1ea Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>

*Last
serve
Day*



UPark districts last serve date is

8-11-23



**** Use the boxes to help you keep track of your leftovers. ****

Contact Joy Prospal at (630) 443-6910 x177 to adjust your delivery amounts so that you are able to use up all of your leftovers.