

May 2018



SYCAMORE CUSD #427 K - 5 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mini Corn Dogs 30g Or Cheeseburger 30g Steamed Broccoli 2g Cinnamon Applesauce 23g	2 French Toast Sticks 23g w/Syrup 20g Or Crispy Chicken Sandwich 39g Seasoned Green Beans 4g Juicy Peaches 14g	3 Chicken Nuggets** 13g Or Sausage Pizza 33g Potato Puffs 19g Chilled Pears 16g	4 Lucky Tray Day Nacho Supreme w/Taco Meat & Cheese Sauce 41g Or Hot Dog 30g *Tangy Baked Beans 22g Mandarin Oranges 17g
7 Spaghetti & Meatballs 30g Garlic Bread 14g Or Crispy Chicken Sandwich 31g Steamed Broccoli 2g Blueberries 10g	8 Chicken Nuggets** 13g Or BBQ Rib Sandwich* 40g Mashed Sweet Potatoes 37g 100% Frozen Fruit Juice 15g	9 Lucky Tray Day Pancakes 15g w/ Sausage 0g Syrup 20g Or Mini Corn Dogs 30g Potato Puffs 19g Sliced Oranges 11g	10 Pizza Dippers 32g w/Garden Marinara 7g V Or Chicken Poppers** 13g Seasoned Green Beans 4g Crisp Red Apple 8g	11 Walking Tacos 41g Or Cheese Pizza 33g V Refried Beans 20g Cinnamon Pears 16g
14 Chicken Nuggets 13g w/Waffle 12g & Syrup 20g Or Jumbo Corn Dog 30g Potato Puffs 19g Applesauce 23g	15 Lucky Tray Day Cheese Pizza 33g V Or Crispy Chicken Sandwich 39g Glazed Carrots 12g Mixed Fruit 17g	16 Walking Tacos 33g Or Popcorn Chicken 13g Broccoli Buds 2g Crisp Red Apple 8g	17 French Toast Sticks 23g w/Syrup 20g Or Salisbury Steak 5g Mashed Potatoes 17g w/Gravy 0g Banana 29g	18 Mini Corn Dogs 30g Or Cheeseburger 30g Steamed Broccoli 2g Cinnamon Applesauce 23g
21 Chicken Nuggets** 13g Or *Cheese Pizza 33g V Mashed Sweet Potatoes 37g Applesauce 23g	22 Nacho Supreme w/Taco Meat & Cheese Sauce 41g Or Pepperoni Pizza 33g Corn 16g Applesauce 23g	23 Pizza Dippers 32g w/Garden Marinara 7g V Or Popcorn Chicken** 13g Potato Puffs 19g Golden Pineapple 15g	24 Hot Dog 30g Or Cheeseburger 30g Corn 16g 100% Frozen Fruit Juice 15g Last Day Of School	25 Lunch \$2.70 (Milk included with meal) Reduced Lunch 40¢ Milk 55¢ Offered Daily: Fat Free Flavored 20g 1% White 11g
Neither Sycamore School District 427, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.			All Students eligible for Free / Reduced LUNCH Are also eligible for FREE / REDUCED BREAKFAST	



Farm Fresh Produce
featuring... **Soybeans**
The protein in Soybeans have all the essential amino acids your body needs, just like animal protein.

Available Daily
Peanut Butter & Jelly 54g
Crispy Chicken Salad 31g
w/Roll 13g
Fresh Fruit & Vegetable Bar Offerings
Variety of Apples 8g,
Oranges 11g, Bananas 29g,
Cucumbers 2g, Carrots 4g,
Cherry Tomatoes 3g,
Broccoli 2g &
Lettuce 3g
Students may choose from a variety of Fruit & Vegetables each day!

Now Hiring Part Time Staff & Substitute Employees
Call Sophie
@
815-899-8155

Questions
Call Sophie Stuebinger
Food Service Director
815-899-8155
Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
For more information or to "Ask the Dietitian", check out our website!

(*) Contains Pork

** With Roll