

Sycamore K-5 Lunch Menu

May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Waffles w/*Egg Patty & Syrup Or Juicy Cheeseburger Potato Puffs 100% Frozen Fruit Juice	** Seasoned Chicken Tenders Or Grilled Cheese Sandwich Mashed Potatoes w/Gravy Blueberries	Pizza Dippers w/Garden Marinara Or Hot Diggity Dog Garden Peas Peaches
6	7	8	9	10
Cheeseburger Or Pepperoni Pizza Oven Fries Applesauce	Nacho Supreme Or Jumbo Corn Dog BBQ Baked Beans Cinnamon Pears	Macaroni & Cheese w/Roll Or Crispy Chicken Sandwich Green Beans Blueberries	Chicken Nuggets w/Waffle Or Cheese Dog Golden Corn Mixed Fruit	Cheese Pizza Or Chicken and Cheese Quesadilla Potato Puffs Oranges
13	14	15	16	17
Fluffy Pancakes w/Egg Patty & Syrup Or Meatball Bomber Sub Potato Puffs Peaches	**Chicken Nuggets Or Zesty Taco Pretzel Dipper w/Taco Meat & Cheese Sauce Refried Beans Cinnamon Pears	Cheeseburger Or Rotini w/Italian Meat Sauce Garlic Roll Steamed Broccoli Sliced Apples	**Popcorn Chicken Bowl Or Pepperoni Pizza Mashed Potatoes w/Gravy Strawberries	Pizza Dippers w/Garden Marinara Or Crispy Chicken Sandwich *BBQ Baked Beans Hot Baked Apples
20	21	22	23	24
Cheese Pizza Or Mini Corny Corn Dogs Steamed Broccoli Cinnamon Applesauce	Soft Shell Tacos Or **Chicken Nuggets Golden Corn Peaches	**Seasoned Chicken Tenders Or *Salisbury Steak Carrots Mixed Fruit	French Toast Sticks w/Egg Patty & Syrup Or Turkey and Cheese Sub Potato Puffs 100% Frozen Fruit Juice	Sausage Pizza Or Juicy Hamburger Seasoned Green Beans Cinnamon Applesauce
27	28	29	30	31
No School	Nacho Supreme w/Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Applesauce	Waffles w/*Sausage Patty & Syrup Or Cheese Pizza Potato Puffs Fresh Apple	11:00 a.m. Dismissal No Lunch Served	

Lunch \$2.70 Milk is included With Meal	Milk 55¢ A Variety of milk is available Daily
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Questions about the menu?
 Sophie Stuebinger
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 (815) 899-8155

For more information
 or to "Ask the Dietitian",
 check out our website!



Available Daily:
 Peanut Butter & Jelly
 Crispy Chicken Salad
 W/Roll
 Fresh Fruit & Vegetable Bar
 Offerings

(*) Contains Pork
 (**) Served With a Roll
 Menu changes are occasionally
 necessary. Notice will be given when
 possible.

This institution is an equal opportunity
 employer.