

# Now Serving Lunch

# Mundelein High School

October 2021

Monday

Tuesday

Wednesday

Thursday

Friday

4 Cheesy Meatball Sub 🍔 🥕 🥦 🍌  
Celery Sticks  
Baby Carrots  
Ranch Dressing 🥗  
🍏  
Apple  
Orange  
Lowfat Milk 🥛

5 Chicken Nuggets 🍗 🥕 🥦 🍌  
Low Sodium Ketchup  
Dinner Roll 🍔  
Broccoli  
Pickles  
Orange  
Apple

6 All Beef Hot Dog 🍔  
Vegetarian Baked Beans  
Pickles  
Julienne Onion  
Apple  
Orange  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

7 Chicken Tacos 🍔  
Shredded Lettuce  
Salsa  
Apple  
Banana  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

1 Cheesy Rotini  
Marinara 🍝 🥕 🍌  
Garlic Breadstick 🥖  
🥕 🥦 🍌  
Broccoli  
Apple  
Orange  
Lowfat Milk 🥛

11  
**COLUMBUS DAY**

12 Rotini Marinara & Meatballs 🍝 🥕 🍌 🍌  
Romaine Lettuce  
Grape Tomatoes  
Apple  
Banana  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

13 Turkey Chopped Salad 🍗 🥕 🥕 🍌  
Wheat Roll 🍔  
Apple  
Orange  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

14 Beef Sliders 🍔  
Pickles  
Julienne Onion  
Carrots  
Apple  
Banana  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

15 Chicken Fajitas 🍗  
Black Beans  
Apple  
Orange  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

18 Chicken Wings 🍗 🥕  
Dinner Roll 🍔  
Celery Sticks  
Ranch Dressing 🥗  
🍏  
Apple  
Orange

19 French Bread Cheese Pizza 🍕 🥕 🍌  
Broccoli  
Cauliflower  
Apple  
Banana  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

20 Chicken Burrito Bowl 🍗  
Steamed Corn  
Apple  
Orange  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

21  
**EARLY RELEASE DAY**

22  
**PARENT TEACHER CONFERENCES**

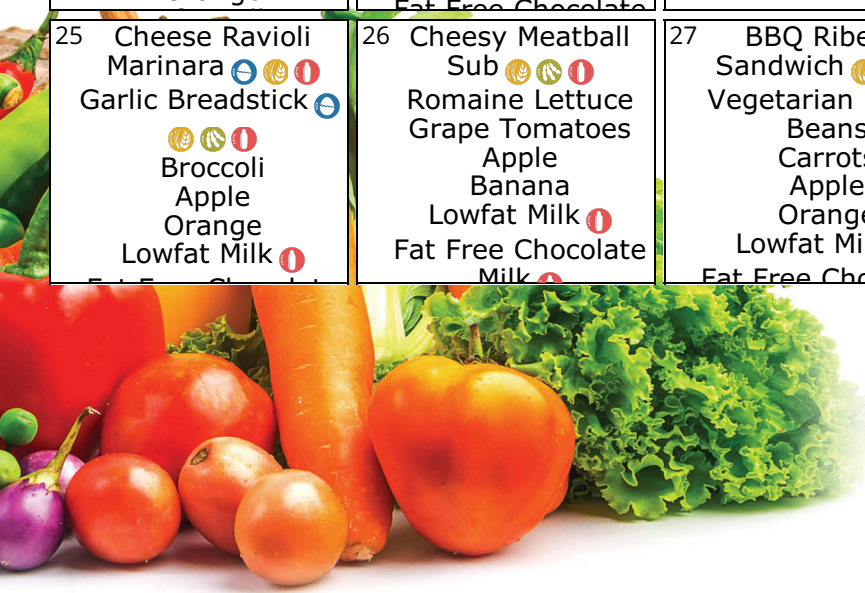
25 Cheese Ravioli  
Marinara 🍝 🥕 🍌  
Garlic Breadstick 🥖  
🥕 🥦 🍌  
Broccoli  
Apple  
Orange  
Lowfat Milk 🥛

26 Cheesy Meatball Sub 🍔 🥕 🥦 🍌  
Romaine Lettuce  
Grape Tomatoes  
Apple  
Banana  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

27 BBQ Ribette Sandwich 🍔 🥕 🥦 🍌  
Vegetarian Baked Beans  
Carrots  
Apple  
Orange  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

28 Cheesy Beef Nachos 🍔  
Jalapeno Peppers  
Salsa  
Shredded Lettuce  
Apple  
Banana  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫

29 Chicken Philly Wrap 🍔 🥕 🍌  
Crinkle Fries  
Apple  
Orange  
Lowfat Milk 🥛  
Fat Free Chocolate Milk 🍫



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