



PROSPECT HEIGHTS SCHOOL DISTRICT 23

Betsy Elementary School & Anne Sullivan Elementary School

Lunch Menu

School Year 2019-2020

CHOOSE ONE ENTRÉE - HOT OR COLD

HOT ENTRÉE

MONDAY

ALL BEEF HOT DOG
ON BUN



TUESDAY

TONY'S ROUND PIZZA
AND FROZEN FRUIT



WEDNESDAY

POPCORN
CHICKEN



THURSDAY

MINI PANCAKES
WITH 2 SAUSAGES



FRIDAY

CHICKEN LEG,
MASHED POTATOES
AND DESSERT



COLD ENTRÉE

MONDAY - TUESDAY

CHICKEN NUGGET LUNCH PACK



WEDNESDAY - FRIDAY

SALAD LUNCH PACK - BLT OR VEGETARIAN



CHEESE PIZZA LUNCH PACK - ANY DAY

YOGURT & CEREAL LUNCH PACK - ANY DAY

PEANUT BUTTER & JELLY LUNCH PACK - ANY DAY

DELI FRESH TURKEY & CHEESE ON FRENCH BREAD ROLL - ANY DAY

- LUNCH \$2.90 (includes milk)

- A LA CARTE MILK \$0.55

Prepay Online: mymealtime.com

Check or Cash accepted at School

GREAT SELECTION
OF FRESH FRUITS
& VEGETABLES

100% JUICE CUP

FRUIT CUPS
PACKED IN JUICE

ALL LUNCHES
INCLUDE UP TO
3 SIDE CHOICES

MORE ON THE BACK →

WHY THIS PRODUCT?

Nutritional labels available
online at d23.org

ALL BEEF HOT DOG	Eisenberg Hot Dog - Angus Beef, Clean Label, No Nitrates; Bun - Whole Grain
PIZZA	Whole Grain Crust, Low Fat Cheese, Lower Sodium Sauce
POPCORN CHICKEN	Tyson Product, Whole Grain Breading, No Antibiotics Ever, No Artificial Ingredients
PANCAKES/SAUSAGE	Pancakes - Pillsbury, Whole Grain, No Artificial Colors or Flavors; Jones Chicken Sausage - All Natural, Clean Label
CHICKEN LEG	Tyson Product, Whole Grain Breading, No Antibiotics Ever, No Artificial Ingredients
CHICKEN NUGGETS	Tyson Product, Whole Grain Breading, No Antibiotics Ever, No Artificial Ingredients
SALAD	Fresh Leafy Greens, Turkey Bacon or Toasted Chick Peas, Shredded Cheese, Whole Grain Flatbread Leafy Greens - Leafy Greens Increase Vegetable Consumption
CHEESE PIZZA PACK	Flatbread - Whole Grain; Cheese - High in Calcium; Sauce - Low Sodium, Provides ¼ cup of Vegetable
YOGURT PACK	Yogurt - Non-fat, Good Source of Calcium & Vitamin D Rice Krispies or Cinnamon Flakes - Whole Grain, Reduced Sugar, No Artificial Flavors Toasted Sunflower Seeds - Rich Protein Source, High Antioxidant
DELI TURKEY	Turkey - Extra Lean Turkey Breast Meat; Cheese - Good Source of Calcium Roll - Whole Grain, No Artificial Flavors or Colors

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