

# Shabbona Elementary School Lunch , September 2023

				Fri	01
No Menu Available	No Menu Available	No Menu Available	No Menu Available	<b>Chicken Corn Dog</b> <b>Veggie &amp; Cheese Sub</b> <b>Banana</b> <b>Celery Sticks</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	
Mon	Tue	Wed	Thu	Fri	08
04	05	06	07		
No Menu Available	<b>Pepperoni Pizza</b> <b>All Beef Hot Dog</b> <b>Steamed Broccoli</b> <b>Pineapple Tidbits</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Beef Sliders</b> <b>Turkey &amp; Cheese Sub</b> <b>Curly Fries</b> <b>Watermelon Chunks</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Spicy Chicken Sandwich</b> <b>Cheesy Meatball Sub</b> <b>Pears</b> <b>Steamed Carrots</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Walking Beef Tacos</b> <b>Mini Pancakes</b> <i>Chicken Sausage Patty</i> <i>Maple Syrup</i> <b>Black Beans</b> <b>Applesauce</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	
Mon	Tue	Wed	Thu	Fri	15
11	12	13	14		
<b>Bosco Sticks with Marinara</b> <b>Cheesy Chicken Sandwich</b> <b>Carrots</b> <b>Banana</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Cheeseburger</b> <b>Vegetarian Chopped Salad</b> <b>Vegetarian Baked Beans</b> <b>Apple Slices</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>BBQ Ribette Sandwich</b>  <b>Mini Waffles</b> <i>Maple Syrup</i> <i>Low Fat Strawberry Banana Yogurt</i> <b>Steamed Broccoli</b> <b>Cantaloupe Chunks</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Personal Cheese Pizza</b> <b>All Beef Hot Dog</b> <b>Pineapple Tidbits</b> <b>Steamed Green Beans</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Cheese Quesadilla</b> <b>Boneless Wings</b> <i>Garlic Breadsticks</i> <i>Buffalo Sauce</i> <b>Crinkle Fries</b> <b>Applesauce</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	
Mon	Tue	Wed	Thu	Fri	22
18	19	20	21		
<b>Orange Chicken Bowl</b> <b>Hamburger</b> <b>Carrots</b> <b>Pears</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Chicken Drumstick</b> <i>Garlic Breadsticks</i> <b>Cheese Nachos</b> <b>Curly Fries</b> <b>Watermelon Chunks</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	No Menu Available	<b>Beef &amp; Cheese Tacos</b> <b>Chocolate Chip French Toast</b> <i>Chicken Sausage Patty</i> <i>Maple Syrup</i> <b>Black Beans</b> <b>Banana</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Chicken Caesar Salad</b> <b>Pepperoni Pizza</b> <b>Steamed Broccoli</b> <b>Pineapple Tidbits</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	
Mon	Tue	Wed	Thu	Fri	29
25	26	27	28		
<b>Turkey Ham &amp; Cheese Sub</b> <b>Pulled BBQ Chicken Sandwich</b> <b>Garden Salad</b> <b>Orange</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Cheesy Chicken Sandwich</b> <b>Turkey Sausage, Egg &amp; Cheese Muffin</b> <b>Carrots</b> <b>Applesauce</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>All Beef Hot Dog</b> <b>Chicken Nuggets</b> <i>Biscuit</i> <b>Vegetarian Baked Beans</b> <b>Banana</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Cheese Pizza</b> <b>Chicken Ranch Wrap</b> <b>Steamed Broccoli</b> <b>Apple</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Sweet &amp; Sour Chicken Bowl</b> <b>Mozzarella Sticks &amp; Marinara Sauce</b> <b>Steamed Peas &amp; Carrots</b> <b>Pineapple Tidbits</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	

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				Fri	01
No Menu Available	No Menu Available	No Menu Available	No Menu Available	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Triple Berry Crunch Bar</b> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Banana</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	
Mon	04	Tue	05	Wed	06
Closed	<b>Blueberry Muffin</b> <i>Cinnamon Goldfish Crackers</i> <b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Raisins</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Strawberry Pastry</b> <b>Apple</b> <b>100% Fruit Punch</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Banana Muffin</b> <i>Cinnamon Goldfish Crackers</i> <b>Mandarin Oranges</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Cherry Apple Crunch Bar</b> <b>Banana</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	
Mon	11	Tue	12	Wed	13
<b>Lemon Crunch Bar</b> <b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Applesauce</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	<b>Double Chocolate Muffin</b> <i>Cinnamon Goldfish Crackers</i> <b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Strawberry Craisins</b> <b>100% Fruit Punch</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Cinnamon Pastry</b> <b>Apple</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Bagel</b> <i>Jelly</i> <b>Pineapple Tidbits</b> <b>100% Fruit Punch</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Super Donut</b> <b>Banana</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	
Mon	18	Tue	19	Wed	20
<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Strawberry Cereal Bar</b> <b>Applesauce</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b> <b>Fat Free Chocolate Milk</b>	<b>Banana Muffin</b> <i>Cinnamon Goldfish Crackers</i> <b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Watermelon Craisins</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b>	<b>Super Donut</b> <b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Applesauce</b> <b>1% Chocolate Milk</b> <b>Lowfat Milk</b> <b>100% Fruit Punch</b>	<b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Cinnamon Pastry</b> <b>Mandarin Oranges</b> <b>100% Fruit Punch</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	<b>Cherry Apple Crunch Bar</b> <b>Lucky Charms</b> 🍷 <i>Cinnamon Goldfish Crackers</i> <b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i> <b>Banana</b> <b>100% Fruit Punch</b> <b>Lowfat Milk</b> <b>Fat Free Chocolate Milk</b>	

		Fat Free Chocolate Milk							
Mon	25	Tue	26	Wed	27	Thu	28	Fri	29
<b>Blueberry Yogurt Parfait</b> <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>
<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Lucky Charms</b> ☺ <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>
<b>Apple Jacks Cereal</b> <i>Cinnamon Goldfish Crackers</i>	<b>Double Chocolate Muffin</b> <i>Strawberry Yogurt Snack Mix</i>	<b>Super Donut</b> <b>Apple</b>	<b>Super Donut</b> <b>Apple</b>	<b>Super Donut</b> <b>Apple</b>	<b>Super Donut</b> <b>Apple</b>	<b>Apple Oatmeal Bar</b> <b>Pineapple Tidbits</b>	<b>Apple Oatmeal Bar</b> <b>Pineapple Tidbits</b>	<b>Lemon Crunch Bar</b> <b>Banana</b>	<b>Lemon Crunch Bar</b> <b>Banana</b>
<b>Applesauce</b>	<i>Cinnamon Goldfish Crackers</i>	<b>Lowfat Milk</b>	<b>Lowfat Milk</b>	<b>Lowfat Milk</b>	<b>Lowfat Milk</b>	<b>100% Fruit Punch</b>	<b>100% Fruit Punch</b>	<b>Lowfat Milk</b>	<b>Lowfat Milk</b>
<b>100% Fruit Punch</b>	<i>Cinnamon Goldfish Crackers</i>	<b>100% Fruit Punch</b>	<b>100% Fruit Punch</b>	<b>100% Fruit Punch</b>	<b>100% Fruit Punch</b>	<b>Fat Free Chocolate Milk</b>	<b>Fat Free Chocolate Milk</b>	<b>100% Fruit Punch</b>	<b>100% Fruit Punch</b>
<b>Lowfat Milk</b>	<b>Orange Craisins</b>	<b>Fat Free Chocolate Milk</b>	<b>Fat Free Chocolate Milk</b>	<b>Fat Free Chocolate Milk</b>	<b>Fat Free Chocolate Milk</b>	<b>Lowfat Milk</b>	<b>Lowfat Milk</b>	<b>Fat Free Chocolate Milk</b>	<b>Fat Free Chocolate Milk</b>
<b>Fat Free Chocolate Milk</b>	<b>100% Fruit Punch</b>								
	<b>Lowfat Milk</b>								
	<b>Fat Free Chocolate Milk</b>								

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