

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Yogurt & Muffins**						
Yogurt Parfait with 1/2 c. Granola	600	15.7	20.5	97	Milk, may contain wheat	Yes
Apple Muffin	185	7.4	3.0	27	Egg, Milk, Wheat	Yes
Blueberry Muffin	190	7.5	3.5	28	Egg, Milk, Wheat	Yes
Banana Muffin	189	7.5	3.0	28	Egg, Milk, Wheat	Yes
Peach Muffin	186	7.4	3.5	27	Egg, Milk, Wheat	Yes
Cinnamon Muffin	181	7.4	3.4	26	Egg, Milk, Wheat	Yes
**All muffins are made from scratch in the baker's production area. Muffins made in a facility with peanut or nut containing products.						
Bistro Boxes						
Bistro Box, Cheese & Crackers- Palatine HS	452	16.0	22.0	52	Milk, Soy, Wheat	Yes
Bistro Box, Hummus	379	15.0	17.0	46	Milk, Wheat	Yes
Bistro Box, Nacho	610	28.0	19.0	74	Milk	Yes
Bistro Box, Uncrustable with Juice	539	27.0	17.0	62	Milk, Peanuts, Soy, Wheat	Yes
Bistro Box, Uncrustable with Apple	574	27.0	17.0	73	Milk, Peanuts, Soy, Wheat	Yes
Bistro Box, Uncrustable with Dried Cranberries	589	27.0	17.0	76	Milk, Peanuts, Soy, Wheat	Yes
Bistro Box, Uncrustable with Orange	579	27.0	19.0	72	Milk, Peanuts, Soy, Wheat	Yes
Bistro Box, Red Pepper Hummus	380	15.0	17.0	47	Milk, Soy, Wheat	Yes
Bistro Box, Jalapeno Hummus	379	15.0	17.0	47	Milk, Soy, Wheat	Yes
Salads *						
*All salads served with 1 or 2 oz bread- see nutritional on grain options						
*Salads will contain Wheat, if served with bread/roll option. May ask for salad to be served without bread						
Popcorn Chicken Salad	382	19.0	21.0	33	Egg, Milk, Soy, Wheat	No
Spicy Popcorn Chicken Salad	377	19.0	19.3	33	Egg, Milk, Soy, Wheat	No
Chicken Caesar Salad	392	25.0	22.0	18	Egg, Fish, Milk, Soy, Wheat	No
Cobb Salad	266	11.0	23.0	19	Egg, Milk, Soy	No
Asian Chicken Salad	445	25.2	21.6	33	Soy, Wheat	No
Chicken Chopped Salad	360	24.0	21.0	18	Egg, Milk, Soy	No
Greek Salad with Chicken	493	30.0	22.0	32	Milk, Soy, Wheat	No
Southwestern Chicken Salad	280	7.0	20.0	38	Milk, Soy	No
BBQ Chicken Salad	287	7.7	18.3	36	Milk, Soy, Wheat	No

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Vegetarian Salad	365	21.0	18.5	30	Milk, Soy, Wheat	Yes
Chef Salad	235	10.5	19.0	20	Milk	No
Sandwiches						
Ham & Cheese Sandwich	273	6.0	25.0	29	Milk, Soy, Wheat	No
Turkey & Cheese Sandwich	252	5.0	24.0	30	Milk, Soy, Wheat	No
Veggie Sub on Bun	316	12.0	20.0	34	Milk, Soy, Wheat	Yes
Hot Dog on Bun	310	17.0	13.0	28	Wheat	No
Daily Specials						
App Basket with Marinara (corn dog & mozz sticks)	324	13.0	17.0	37	Egg, Milk, Soy, Wheat	No
App Basket (6 corn dog nuggets only)	258	13.0	13.0	26	Egg, Milk, Soy, Wheat	No
App Basket (6 mozz sticks only)	357	12.0	20.0	41	Milk, Wheat	Yes
Baked Mostaccioli	348	11.0	23.0	37	Milk, Soy, Wheat	No
Baked Potato Bar (chili and cheese)	426	17.2	18.7	50	Milk, Soy	No
Baked Potato Bar (cheese only)	531	30.4	21.2	44	Milk, Soy	Yes
BBQ Pulled Chicken Sandwich	315	6.0	23.0	41	Soy, Wheat	No
Beef Lo Mein Bowl	470	17.0	30.7	49	Milk, Soy, Wheat	No
Breaded Fish Sandwich with Cheese	342	10.0	20.0	44	Eggs, Fish, Milk, Soy, Wheat	No
Buffalo Chicken, Ranch, & Cheddar Panini	375	17.0	24.0	33	Eggs, Milk, Soy, Wheat	No
Buffalo Chicken, Ranch, & Cheddar Flatbread	353	16.0	22.0	29	Eggs, Milk, Soy, Wheat	No
Burrito/Taco Bar: rice, tortilla, beans, meat, sour cream, cheese, lettuce	445	17.0	24.0	50	Milk, Soy, Wheat	Can be
Burrito Bowl: Rice, Beans, Sour Cream, Cheese, Meat, Lettuce	520	20.0	25.0	62	Milk, Soy	Can be
Caprese Panini	320	14.1	18.0	32	Milk, Wheat	No
Cheese Quesadilla	330	12.0	16.0	40	Milk, Soy, Wheat	Yes
Chicken & Waffles	611	23.0	19.0	84	Milk, Soy, Wheat	No
Chicken Alfredo Pasta	430	9.5	27.0	60	Milk, Soy, Wheat	No
Chicken BLT Sandwich	319	8.2	31.7	28	Soy, Wheat	No
Chicken Drumsticks, Breaded	380	22.0	32.0	10	Wheat	No
Chicken Fried Rice	508	19.1	25.8	57	Milk, Soy, Wheat	No

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Chicken Lo Mein	442	16.2	27.5	47	Milk, Soy, Wheat	No
Chicken Parmesan Sandwich	446	18.4	24.0	44	Milk, Soy, Wheat	No
Chicken Pesto Panini - Flatbread	347	16.0	23.0	26	Milk, Soy, Wheat	No
Chicken Pesto Panini - WG Panini Bread	367	17.0	24.0	30	Milk, Soy, Wheat	
Chicken Ranch Bacon & Cheddar Flatbread	333	12.5	24.0	29	Egg, Milk, Soy, Wheat	No
Chicken Ranch Bacon & Cheddar Panini	349	12.8	25.7	32	Egg, Milk, Soy, Wheat	No
Chili and Cheese Dog	395	21.0	21.0	33	Milk, Soy	No
Chili	77	2.0	6.0	9	Soy	No
Fish and Chips Basket	490	19.7	24.3	56	Fish, Soy, Wheat, Milk	No
Gourmet Grilled Cheese w/bacon	396	25.6	18.0	22	Milk, Soy, Wheat	No
Gourmet Grilled Cheese, No bacon	350	22.0	15.0	22	Milk, Soy, Wheat	Yes
Gourmet Western BBQ Burger	414	17.1	21.4	42	Milk, Soy, Wheat	No
Gourmet Curly Fry Burger	448	20.5	22.1	44	Milk, Soy, Wheat	No
Gourmet Macaroni and Cheese Burger	350	13.4	21.6	36	Egg, Milk, Wheat, Soy	No
Grand Slam Breakfast (Brkfst for lunch)	513	19.0	19.0	69	Milk, Egg, Soy, Wheat	No
Gyros - Beef	300	8.0	26.0	28	Milk, Soy, Wheat	No
Loaded Quesadilla	479	19.0	22.0	55	Milk, Soy, Wheat	Yes
Macaroni & Cheese	290	11.0	17.0	31	Egg, Milk, Wheat	Yes
Mac & Cheese & Chicken Nuggets	385	20.0	22.0	32	Milk, Egg, Soy, Wheat	No
Meatball Sub with Mozzarella	348	11.0	19.0	42	Milk, Soy, Wheat	No
Nachos with Chili and Cheese	545	31.2	18.4	52	Milk, Soy	No
Nachos with Veg Chili Cheese	598	31.1	18.4	62	Milk, Soy	Yes
Nacho Cheese Sauce	185	15.1	8.4	4	Milk, Soy	Yes
Nacho Topper	21	0.3	0.9	5	None reported	Yes
Noodle Bowl with breaded chicken bites	513	14.7	30.6	67	Soy, Wheat	No
Noodle Bowl with beef	405	6.0	30.0	56	Soy, Wheat	No
Orange Chicken & Rice Bowl	344	4.7	15.7	59	Citrus, Egg, Soy, Wheat	No
Pancakes, Sausage, and Egg Grand Slam	451	13.2	18.7	64	Egg, Milk, Soy, Wheat	No
Caprese French Bread Pizza	246	6.7	19.0	27	Milk, Soy, Wheat	Yes
Philly Steak Sandwich w/cheese	339	8.9	30.6	31	Milk, Soy, Wheat	No

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Potato Popper Bowl	472	21.0	23.0	49	Milk, Soy, Wheat	No
Potato Popper Bowl - Hot & Spicy	453	19.6	20.7	49	Milk, Soy, Wheat	No
Rib-e-que on Bun	402	14.0	19.0	49	Wheat, Soy	No
Rice - Cilantro Lime	107	2.3	1.9	19	None reported	Yes
Roasted Vegetable Flatbread	266	8.4	20.2	26	Egg, Milk, Soy, Wheat	Yes
Meatball Sub	333	10.8	18.9	39	Milk, Soy, Wheat	No
Sriracha Orange Chicken & Rice Bowl	349	4.7	15.7	60	Egg, Soy, Wheat	No
Taco Salad with Tortilla Chips, includes cheese, beans, meat, salsa, sour cream, lettuce	588	30.0	28.0	59	Milk, Soy	Can be
Taco Salad with Hard Tortilla Shell includes cheese, beans, meat, salsa, sour cream, lettuce	592	33.0	29.0	49	Milk, Soy	Can be
Tortilla Chips 2oz only	263	9.1	4.1	41	None reported	Yes
Turkey & Mozzarella Flatbread	290	9.4	20.0	30	Egg, Milk, Soy, Wheat	No
Turkey & Mozzarella Panini	306	10.0	21.5	33	Egg, Milk, Soy, Wheat	No
Turkey Fritter	467	23.0	22.2	44	Soy, Wheat	No
Twin Beef Tacos	424	15.1	25.6	50	Milk, Soy, Wheat	No
Twin Chicken Tacos	342	13.0	23.0	34	Milk, Soy, Wheat	No
Appetizer Basket w/Chicken Tenders	381	18.0	24.0	31	Egg, Milk, Soy, Wheat	No
Ravioli with Marinara Sauce	370	21.1	18.6	28	Egg, Milk, Wheat	Yes
Hamburger on bun	287	11.0	18.2	29	Soy, Wheat	No
Cheeseburger on bun	322	13.0	22.0	30	Milk, Soy, Wheat	No
Veggie Max Burger on Bun	362	12.0	24.0	40	Egg, Milk, Soy, Wheat	Yes
Black Bean Burger on Bun	307	9.0	20.0	41	Egg, Milk, Soy, Wheat	Yes
Chicken						
Buffalo Bites comes with bread- see bread nutritionals	250	13.5	18.8	14.3	Milk, Soy, Wheat	No
Buffalo Grilled Chicken Sandwich	270	5.0	29.0	28	Soy, Wheat	No
Chicken Nuggets	480	28	26	32	Soy, Wheat	No
Chicken Sandwich, Breaded	387	15.0	20.0	42	Soy, Wheat	No
Chicken Sandwich - Spicy	417	17.0	21.0	44	Soy, Wheat	No

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Chicken Sandwich, with White American Cheese	329	9.1	31.2	29	Milk, Soy, Wheat	No
Chicken Tenders comes with bread- see bread nutritionals	347	20.0	20.0	21	Soy, Wheat	No
Grilled Chicken & Bacon Sandwich	319	8.0	32.0	28	Soy, Wheat	No
Grilled Chicken Sandwich	269	5.0	29.0	28	Soy, Wheat	No
Pizza						
Big Daddy Pizza, Cheese	340	15	18	36	Milk, Soy, Wheat	Yes
Big Daddy Pizza, Primo Four Meat	370	17	20	36	Milk, Soy, Wheat	No
Big Daddy Pizza, Primo Buffalo Chicken	390	19	20	35	Milk, Soy, Wheat	No
Big Daddy Pizza, Bold Cheese	400	17	19	43	Milk, Soy, Wheat	Yes
Big Daddy Pizza, Bold Pepperoni	410	18	20	43	Milk, Soy, Wheat	Yes
Bosco Sticks with Marinara Sauce (1/2 cup)	339	7.4	21.0	46	Milk, Soy, Wheat	Yes
French Bread Pizza, Tony's	290	11	17	33	Milk, Soy, Wheat	Yes
Domino's Pizza, Cheese	260	7	20	29	Milk, Soy, Wheat	Yes
Domino's Pizza, Pepperoni	270	9	20	29	Milk, Soy, Wheat	No
Georgelo's Chicago Style Pizza	310	7	23	44	Milk, Soy, Wheat	Yes
Sides						
Applesauce Unsweetened 1/2 c.	52	0	0	14		Yes
Apple Each	72	0	0	19		Yes
Banana Slices 1/2 c.	67	0	1	17		Yes
Bean & Corn Salad	107	3	5	15	None reported	Yes
Black Beans	102	0	7	18		Yes
Carrot Sticks (info does not include ranch pc)	27	0	0	6	Ranch dressing contains: milk, wheat	Yes
Carrot & Celery Sticks (info does not include ranch p	21	0	0	4	Ranch dressing contains: milk, wheat	Yes
Corn and Tomato Salsa	63	3	1	10		Yes
Crinkle Cut Fries	105	4	1	17	Soy, Wheat	Yes
Cucumber Slices, Fresh 1/2 c.	19	0	1	4		Yes
Grapes, Fresh 1/2 c.	31	0	0	8		Yes
Gravy, Chicken	25	1	0	4	Milk, Soy, Wheat	No
Hash Browns	130	8	1	14	Soy	Yes
Kale Chips	49	3	2	4	None reported	Yes

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Mashed Potatoes w/ Gravy	96	2	2	17	Milk, Wheat, Soy	Yes
Mashed Potatoes without Gravy	71	1	2	13	Milk	Yes
Melon mix, Fresh 1/2 c.	29	0	1	7		Yes
Orange Fresh Each	62	0	1	15		Yes
Peaches, canned 1/2 c.	68	0	1	18		Yes
Peaches Fresh Each	38	0	1	9		Yes
Pineapple, canned 1/2 c.	38	0	0	10		Yes
Pineapple Fresh 1/2 c.	41	0	0	11		Yes
Pears, canned 1/2 c.	72	0	0	19		Yes
Pears Fresh Each	95	0	1	25		Yes
Ranch Scalloped Potatoes	109	3	2	18	Milk, Soy, Wheat	Yes
Refried Beans	349	9	16	49	None reported	Yes
Shoestring Fries	106	4	2	17	Soy, Wheat	Yes
Soup, Tomato	50	1	1	8	Milk, Soy	Yes
Spicy, Thin Cut Fry	105	5	1	14	Soy, Wheat	Yes
Steamed Broccoli Cuts	24	0	3	5	None reported	Yes
Steamed California Blend Vegetables	27	0	2	5	None reported	Yes
Steamed Corn	67	1	2	16	None reported	Yes
Steamed English Blend Vegetables	47	0	1	7	None reported	Yes
Steamed Green Beans	22	0	1	5	None reported	Yes
Steamed Mixed Vegetables	64	0	3	13	None reported	Yes
Steamed Winter Blend Vegetables	23	0	2	4	None reported	Yes
Stir Fry Vegetables	35	0	1	6	None reported	Yes
Straight, Thin Cut Fries	116	4	2	18	Soy, Wheat	Yes
Strawberries, Fresh 1/2 c.	23	0	1	6	Strawberries	Yes
Sweet Potato Krinkle Kut Fry	129	4	1	23	None reported	Yes
Sweet Potato Seasoned Fries	107	4	1	16	None reported	Yes
Sweet Potato Waffle Fries	90	3	1	15	None reported	Yes
Sweet Potato Wedge	120	5	0	19	Soy	
Tator Tots	123	7	1	14	Soy	Yes

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Tossed Romaine Salad with Ranch	22	0	1	4	Milk, Wheat (in dressing)	Yes
Watermelon, Fresh 1/2 c.	23	0	1	6		Yes
Grains						
**All grains are made from scratch in the baker's production area. Muffins made in a facility with peanut or nut containing products.						
Biscuit 1oz - Homemade	118	6	2	14	Eggs, Milk, Wheat	Yes
Biscuit 2oz - Homemade	236	13	5	27	Eggs, Milk, Wheat	Yes
Dinner Roll 1oz	82	2	3	14	Eggs, Milk, Wheat	Yes
Dinner Roll 2oz	164	4	5	28	Eggs, Milk, Wheat	Yes
French Bread 1oz	46	0	2	10	Wheat	Yes
French Bread 2oz	91	0	3	20	Wheat	Yes
Garlic Bread 1 oz	54	1	1	10	Milk, Soy, Wheat	Yes
Granola- 1/2 cup serving	361	13	10	53	May contain wheat	Yes
Condiments						
BBQ Sauce	15	0	0	4	Wheat	
Dressing, Buttermilk Ranch - Fat Free, small packet	10	0	0	2	Milk, Wheat	
Dressing, Creamy Caesar, 1.5 oz packet, Pepper Mill	180	18	0	4	Egg, Fish, Milk	
Dressing, Red French - Fat Free	10	0	0	3	None reported	
Dressing, Honey Mustard Dijon, 1.5 oz packet	160	14	0	10	Eggs	
Dressing, Italian - fat free, small packet	5	0	0	1	None reported	
Dressing, Ranch - fat free, 1.5oz packet, Ken's	40	0	0	11	Milk	
Dressing, Ranch - regular, 1oz packet, Ken's	190	20	0	2	Egg, Milk	
Hot Sauce	0	0	0	0	None reported	
Ketchup	10	0	0	2	None reported	
Mayo/Salad Dressing	41	4	0	2	Egg, Soy	
Mustard	5	0	0	0	None reported	
Beverages						
Juice, Apple	60	0	0	14	None reported	
Juice, Very Berry	60	0	0	17	None reported	
Juice, Fruit Punch	60	0	0	15	None reported	
Juice, Grape	80	0	0	20	None reported	

District 211 Lunch Menu Information 2018-2019

Notice: The data contained on this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please contact the food service manager for additional information including specific ingredient and nutrition labels or contact the district's food service office at 847-755-6680.

Item Description	Calories	Total Fat g.	Protein g	Carbs g.	Allergens	Vegetarian
Juice, Orange	60	0	1	15	None reported	
Milk, Skim, 1 c.	83	0	8	12	Milk	
Milk, 1% White, 1c.	102	2	8	12	Milk	
Milk, Strawberry 1 c.	120	0	8	22	Milk	
Milk, Chocolate Skim 1 c.	130	0	8	24	Milk	