

District 211 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

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, Cheese & Crackers- Schaumburg HS	388	20.0	16.0	40	Milk, Soy, Wheat	Yes
Bistro Box, Hummus	379	15.0	17.0	46	Milk, Wheat	Yes
Bistro Box, Uncrustable with Juice	559	27.0	19.0	62	Milk, Peanuts, Soy, Wheat	Yes
Bistro Box, Uncrustable with Apple	594	27.0	18.5	73	Milk, Peanuts, Soy, Wheat	Yes
Bistro Box, Uncrustable with Orange	599	27.0	20.0	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 nutritionals 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	447	25.0	21.6	33	Soy, Wheat	No
Chicken Chopped Salad	360	24.0	21.0	18	Egg, Milk, Soy	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
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

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Turkey & Cheese Sandwich	252	5.0	24.0	30	Milk, Soy, Wheat	No
Veggie Sub on Bun	352	16.0	21.0	34	Milk, Soy, Wheat	Yes
BBQ Pulled Chicken Sandwich	315	6.0	23.0	41	Soy, Wheat	No
Hot Dog on Bun	310	17.0	13.0	28	Wheat	No
Daily Specials						
Rib-e-que on Bun	402	14.0	19.0	49	Wheat, Soy	No
Chili and Cheese Dog	428	25.4	18.8	33	Milk, Soy, Wheat	No
Breakfast Bowl (biscuit info separate)	412	27.3	16.2	23	Egg, Milk, Soy	No
Pancakes, Sausage, and Egg Grand Slam	451	13.2	18.7	64	Egg, Milk, Soy, Wheat	No
Twin Beef Tacos	424	15.1	25.6	50	Milk, Soy, Wheat	No
Cheese Quesadilla	330	12.0	16.0	40	Milk, Soy, Wheat	Yes
Twin Chicken Tacos	358	13.2	25.3	33	Milk, Soy, Wheat	No
Chicken Alfredo Pasta	430	9.5	27.0	60	Milk, Soy, Wheat	No
Chicken Ranch Bacon and Cheddar Panini	351	12.8	25.7	32	Egg, Milk, Soy, Wheat	No
Chicken Ranch Bacon & Cheddar Flatbread	335	12.5	24.0	29	Egg, Milk, Soy, Wheat	No
Chicken Pesto Panini	349	16.0	23.0	26	Milk, Soy, Wheat	No
Caprese Panini	320	14.1	18.0	32	Milk, Wheat	No
Chicken BLT Sandwich	319	8.2	31.7	28	Soy, Wheat	No
Chicken and Waffles	476	15.5	14.0	69	Egg, Milk, Soy, Wheat	No
Bosco Sticks with Marinara Sauce (1/2 cup)	330	7.0	21.0	44	Milk, Soy, Wheat	Yes
Roasted Vegetable Flatbread	266	8.4	20.2	26	Egg, Milk, Soy, Wheat	Yes
Meatball Sub with Mozzarella	348	11.0	19.0	42	Milk, Soy, Wheat	No
Turkey & Mozzarella Flatbread	290	9.4	20.0	30	Egg, Milk, Soy, Wheat	No
Turkey & Mozzarella Panini	305	10.0	21.5	33	Egg, Milk, Soy, Wheat	No
Turkey Fritter	467	23.0	22.2	44	Soy, Wheat	No
Gourmet Double Cheeseburger	482	24.5	33.0	31	Milk, Soy, Wheat	No
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
Baked Mostaccioli	392	9.2	23.4	54	Milk, Soy, Wheat	No
Chicken Parmesan Sandwich	363	11.6	25.3	39	Egg, Milk, Soy, Wheat	No
Pasta w/ Meat Sauce (Beef)	371	8.6	22.2	51	Wheat	No
App Basket with Marinara (corn dog & mozz sticks)	324	13.0	17.0	37	Egg, Milk, Soy, Wheat	No

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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
Philly Steak Sandwich w/cheese	339	8.9	30.6	31	Milk, Soy, Wheat	No
Fish and Chips Basket	490	19.7	24.3	56	Fish, Soy, Wheat, Milk	No
Chicken Fried Rice	508	19.1	25.8	57	Milk, Soy, Wheat	No
Beef Lo Mein Bowl	470	17.0	30.7	49	Milk, Soy, Wheat	No
Noodle Bowl	513	14.7	30.6	67	Soy, Wheat	No
Chicken Lo Mein	442	16.2	27.5	47	Milk, Soy, Wheat	No
Sriracha Orange Chicken & Rice Bowl	349	4.7	15.7	60	Egg, 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	
Cilantro Lime Rice	109	2.3	2.1	20	None reported	Yes
Potato Popper Bowl	472	21.0	23.0	49	Milk, Soy, Wheat	No
Hot & Spicy Potato Popper Bowl	453	19.6	20.7	49	Milk, Soy, Wheat	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
Macaroni & Cheese	290	11.0	17.0	31	Egg, Milk, Wheat	Yes
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
Chili	77	2.0	6.0	9	Soy	No
Vegetarian 3-Bean Chili	133	4.0	6.0	20	None reported	Yes
Nacho Cheese Sauce	185	15.1	8.4	4	Milk, Soy	Yes
Nacho Topper	21	0.3	0.9	5	None reported	Yes
Orange Chicken & Rice Bowl	343	4.7	15.7	59	Egg, soy, wheat, citrus	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
Chicken Drumsticks, Breaded	380	22.0	32.0	10	Wheat	No
Spaghetti & Meatballs with marinara	446	11.0	21.0	65	Soy, Wheat	No

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Baked Potato Bar (cheese only)	531	30.4	21.2	44	Milk, Soy	Yes
Beef Gyros	299	8.0	26.0	28	Milk, Soy, Wheat	No
Baked Potato Bar (chili and cheese)	426	17.2	18.7	50	Milk, Soy	No
Burgers						
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	351	10.6	23.2	39	Egg, Milk, Soy, Wheat	Yes
Black Bean Burger on Bun	307	9.0	20.0	41	Egg, Milk, Soy, Wheat	Yes
Chicken						
Chicken Nuggets	480	28	26	32	Soy, Wheat	No
Buffalo Bites comes with bread- see bread nutritionals	250	13.5	18.8	14.3	Milk, Soy, Wheat	No
Spicy Chicken Sandwich	417	17.0	21.0	44	Soy, Wheat	No
Chicken Tenders comes with bread- see bread nutritionals	347	20.0	20.0	21	Soy, Wheat	No
Chicken Sandwich, Breaded	387	15.0	20.0	42	Soy, Wheat	No
Chicken Sandwich, with White American Cheese	329	9.1	31.2	29	Milk, Soy, Wheat	No
Buffalo Grilled Chicken Sandwich	269	5.0	28.0	28	Soy, Wheat	No
Pizza						
Big Daddy Pizza, Primo Cheese	360	16	21	34	Milk, Soy, Wheat	Yes
Big Daddy Pizza, Four Meat Primo	370	17	20	36	Milk, Soy, Wheat	No
Big Daddy Pizza, Buffalo Chicken	390	19	20	35	Milk, Soy, Wheat	No
Pizza, Big Daddy Bold Cheese	400	17	19	43	Milk, Soy, Wheat	Yes
Pizza, Big Daddy Bold Pepperoni	410	18	20	43	Milk, Soy, Wheat	Yes
Pizza, French Bread	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						
Steamed English Blend Vegetables	47	0	1	7	None reported	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
Bean & Corn Salad	107	3	5	15	None reported	Yes
Steamed Green Beans	22	0	1	5	None reported	Yes
Steamed California Blend Vegetables	27	0	2	5	None reported	Yes

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Steamed Broccoli Cuts	24	0	3	5	None reported	Yes
Steamed Winter Blend Vegetables	23	0	2	4	None reported	Yes
Stir Fry Vegetables	35	0	1	6	None reported	Yes
Steamed Corn	67	1	2	16	None reported	Yes
Steamed Mixed Vegetables	64	0	3	13	None reported	Yes
Mashed Potatoes w/ Gravy	96	2	2	17	Milk, Wheat, Soy	Yes
Mashed Potatoes without Gravy	71	1	2	13	Milk	Yes
Ranch Scalloped Potatoes	109	3	2	18	Milk, Soy, Wheat	Yes
Kale Chips	49	3	2	4	None reported	Yes
Tossed Romaine Salad with Ranch	22	0	1	4	Milk, Wheat (in dressing)	Yes
Shoestring Fries	106	4	2	17	Soy, Wheat	Yes
Crinkle Cut Fries	105	4	1	17	Soy, Wheat	Yes
Spicy, Thin Cut Fry	105	5	1	14	Soy, Wheat	Yes
Straight, Thin Cut Fries	116	4	2	18	Soy, Wheat	Yes
Sweet Potato Seasoned Fries	107	4	1	16	None reported	Yes
Tator Tots	123	7	1	14	Soy	Yes
Sweet Potato Waffle Fries	90	3	1	15	None reported	Yes
Sweet Potato Wedge	120	5	0	19	Soy	
Sweet Potato Krinkle Kut Fry	129	4	1	23	None reported	Yes
Hash Browns	130	8	1	14	Soy	Yes
Black Beans	102	0	7	18		Yes
Corn and Tomato Salsa	63	3	1	10		Yes
Watermelon, Fresh 1/2 c.	23	0	1	6		Yes
Grapes, Fresh 1/2 c.	31	0	0	8		Yes
Strawberries, Fresh 1/2 c.	23	0	1	6	Strawberries	Yes
Melon mix, Fresh 1/2 c.	29	0	1	7		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
Banana Slices 1/2 c.	67	0	1	17		Yes

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Applesauce Unsweetened 1/2 c.	52	0	0	14		Yes
Apple Each	72	0	0	19		Yes
Orange Fresh Each	62	0	1	15		Yes
Cucumber Slices, Fresh 1/2 c.	19	0	1	4		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.						
Homemade Biscuit 1oz	118	6	2	14	Eggs, Milk, Wheat	Yes
Homemade Biscuit 2oz	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
Granola- 1/2 cup serving	361	13	10	53	May contain wheat	Yes
Condiments						
Hot Sauce	0	0	0	0	None reported	
BBQ Sauce	15	0	0	4	Wheat	
Ketchup	10	0	0	2	None reported	
Mustard	5	0	0	0	None reported	
Mayo/Salad Dressing	41	4	0	2	Egg, Soy	
Red French Dressing, fat free	10	0	0	3	None reported	
Buttermilk Ranch Dressing, fat free, small packet	10	0	0	2	Milk, Wheat	
Italian Dressing, fat free, small packet	5	0	0	1	None reported	
Ranch Dressing, fat free 1.5oz packet, Ken's	40	0	0	11	Milk	
Ranch Dressing, regular, 1oz packet, Ken's	190	20	0	2	Egg, Milk	
Honey Mustard Dijon Dressing, 1.5 oz packet	160	14	0	10	Eggs	
Caesar, Creamy packet 1.5 oz Pepper Mill	180	18	0	4	Egg, Fish, Milk	
Beverages						
Juice, Apple 4oz	60	0	0	14	None reported	
Juice, Apple Cherry 4oz	60	0	0	15	None reported	
Juice, Fruit Punch 4oz	60	0	0	16	None reported	
Juice, Grape 4oz	60	0	0	16	None reported	
Juice, Orange 4oz	60	0	1	13	None reported	
Milk, Skim, 1 c.	83	0	8	12	Milk	

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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	

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