

Lisle School District 202

August School Lunch Menu Nutritional Information

ELEMENTARY SCHOOL

Menu Items with Carb. Counts

Items served as a regular part of the daily menu: Elementary School

Oranges - 15.7	1% White Milk - 13.0
Apples - 15.4	Skim Chocolate Milk - 24.0
	Skim Milk - 13.0

Menu Items: Elementary School

Cheeseburger on a Bun - 30.4
Chicken Patty Sandwich - 43.3
Turkey and Cheese Sandwich - 27.5
Egg Chef Salad - 4.1
Penne Alfredo with Chicken - 26.8
Chicken Nuggets - 15.0
Tuna Salad Sandwich - 31.8
Sunbutter and Jelly Sandwich - 63.7
Cheese Pizza - 43.9
Fish Sticks - 19.0
Ham and Cheese Sandwich - 23.8
Turkey Chef Salad - 4.9
Cheese Quesadilla - 31.0
Meatball Sub - 37.5
Ham Chef Salad - 4.8
Chicken Mashed Potato Bowl - 55.8
Turkey and Cheese Wrap - 32.5
Spicy Breaded Chicken Sandwich - 38.5
Roast Turkey & Gravy - 5.3
BBQ Riblet Sandwich - 44.6
Ranch Chicken Wrap - 29.9
French Toast Sticks w/Syrup - 68.3
Chicken Sausage Patty - 2.0
Hamburger on a Bun - 29.4
Corn Dog - 27.0
Popcorn Chicken Bites - 15.2
Chicken Pot Pie - 36.1
Hot Dog on a Bun - 31.1
Mac & Cheese - 53.1

Starch, Vegetables, Fruit and Condiments: Elementary School

Fresh Carrots - 1.0
Fresh Celery - .3
Fresh Cucumbers - 2.7
Fresh Broccoli - 1.7
Mixed Fruit - 11.5
Sliced Peaches - 11.0
Applesauce - 21.5
Sliced Apples - 15.4
Diced Pears - 14.2
Pineapple Chunks - 14.7
Carrots - 5.0
Corn - 14.3
Green Beans - 3.5
Peas - 10.1
Corn on the Cob - 29.3
Mashed Potatoes - 19.3
Gravy - 6.3
Mexican Rice - 22.6
Brown Rice - 35.0
Oven Potatoes - 21.8
Tater Tots - 13.6
Tomato Wedges - 4.1
Romaine Lettuce - .4
Dinner Roll - 13.0
Wheat Bread - 11.9
Saltine Crackers (2) - 4.0
Campfire Beans - 29.7
Pinto Beans - 24.9
Vegetarian Baked Beans - 29.0
Baked Beans - 29.1
Apple Juice - 14.0
Orange Juice - 13.0
Fruit Punch - 14.0
BBQ Sauce Pkt. - 3.0
Mayo Pkt. - .2
Mustard Packet - .5
Ketchup Pkt. - 2.3
Salsa - 2.0
Ranch Dressing - 8.1

JUNIOR HIGH SCHOOL

Menu Items with Carb. Counts

Items served as a regular part of the daily menu: Junior High School

Oranges - 15.7	1% White Milk - 13.0
Apples - 15.4	Skim Chocolate Milk - 24.0
Pepperoni Pizza - 47.5	Skim Milk - 13.0
Cheese Pizza - 47.4	Hamburger on a Bun - 29.4
Cheeseburger on a Bun - 30.4	

Menu Items: Junior High School

Spicy Breaded Chicken Sandwich - 38.5
Bacon Cheeseburger - 29.1
Turkey and Cheese Sandwich - 27.5
Egg Chef Salad - 4.1
Penne Alfredo with Chicken - 26.8
Chicken Nuggets - 15.0
BBQ Riblet Sandwich - 44.6
Tuna Salad Sandwich - 31.8
Spicy Popcorn Chicken - 18.7
Fish Sandwich with Cheese - 43.6
Ham and Cheese Sandwich - 23.8
Turkey Chef Salad - 4.9
Cheese Quesadilla - 31.0
Meatball Sub - 37.5
Ham Chef Salad - 4.8
Rotini w/Meat Sauce - 50.1
Turkey and Cheese Wrap - 32.5
Broccoli & Cheese Baked Potato - 34.0
Roast Turkey & Gravy - 5.3
Cheeseburger on a Bun - 30.4
Cajon Chili Fries - 45.6
Toasted Cheese Sandwich - 27.4
Tomato Soup - 20.0
Ranch Chicken Wrap - 29.9
French Toast Sticks w/Syrup - 68.3
Chicken Sausage Patty - 2.0
Corn Dog - 27.0
Chicken Pot Pie - 36.1
Pizza Burger - 32.5
Cheesy Baked Penne Pasta - 58.6

Starch, Vegetables, Fruit and Condiments: Junior High School

Fresh Carrots - 1.0
Fresh Celery - .3
Fresh Cucumbers - 2.7
Fresh Broccoli - 1.7
Tomato Wedges - 4.1
Romaine Lettuce - .4
Applesauce - 21.5
Sliced Apples - 15.4
Diced Pears - 14.2
Pineapple Chunks - 14.7
Sliced Peaches - 11.0
Mixed Fruit - 11.5
Carrots - 5.0
Corn - 14.3
Green Beans - 3.5
Peas - 10.1
Mexican Rice - 22.6
Brown Rice - 35.0
Corn on the Cob - 29.3
Tater Tots - 13.6
Oven Potatoes - 21.8
Mashed Potatoes - 19.3
Dinner Roll - 13.0
Wheat Bread - 11.9
Saltine Crackers (2) - 4.0
Baked Beans - 29.1
Campfire Beans - 29.7
Pinto Beans - 24.9
Vegetarian Baked Beans - 29.0
Apple Juice - 14.0
Orange Juice - 13.0
Fruit Punch - 14.0
Ketchup Pkt. - 2.3
Mustard Packet - .5
Mayo Pkt. - .2
BBQ Sauce Pkt. - 3.0
Salsa - 2.0
Ranch Dressing - 8.1

HIGH SCHOOL

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Cheese Pizza - 47.4	Hamburger on a Bun - 29.4
Cheeseburger on a Bun - 30.4	

Menu Items: High School

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Starch, Vegetables, Fruit and Condiments: High School

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Fruit Punch - 14.0
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Mustard Packet - .5
Mayo Pkt. - .2
BBQ Sauce Pkt. - 3.0
Salsa - 2.0
Ranch Dressing - 8.1