

LUNCH MENU: 06/02/25 - 07/02/25			Updated: 07/09/25		Questions? Please contact U-46 Food & Nutrition Services Registered Dietitian, Judy Naughton at Judith.Naughton@u-46.org or 847-888-5000 ext. 5034			
Red Font= change from originally planned menu				*Menus are subject to change*				
Menued Entree Items	Breakdown of Menued Item(s)	Portion Size	Crediting	Common Allergens and Other Ingredients of Concern	Carbohydrates (g)	Sodium (mg)	Calories	Saturated fat (%)
Chocolate Waffle	Chocolate Waffle	65g	2 G/B	Wheat, Egg	36	250	200	0
Apple Slices	Apple Slices	1/2 cup	1/2 cup fruit	None Noted	11	2	40	0
Maple Pancakes	Maple Pancakes	86 g	2 G/B	Wheat, Gluten, Soy, Eggs, Milk	35	210	200	5
Oragne Wedges	Oragne Wedges	1/2 cup	1/2 cup fruit	None Noted	11	0	42	0
Grilled Cheese	Grilled Cheese	4.19 oz	2 M/MA, 2 G/B	Wheat, Milk, Soy, Gluten	34	551	320	30
Crinkle Cute Fries	Crinkle Cut Fries	2.1 oz	1/2 cup vegetable	Soybean Oil, Sunflower Oil	\$15.00	170	100	0
Oragne Wedges	Oragne Wedges	1/2 cup	1/2 cup fruit	None Noted	11	0	42	0
Cheese Pizza	Cheese Pizza	126g	2 M/MA, 2 G/B	Milk, Wheat, Gluten, Soy	28	410	280	28
Corn	Corn	1/2 cup	1/2 cup vegetable	None Noted	21	0	100	0
Apple Slices	Apple Slices	1/2 cup	1/2 cup fruit	None Noted	11	2	40	0