

JR HIGH & INTERMEDIATE LUNCH

2009

Aramark 477-4751

If you would like to work at a school, Aramark has openings. Inquire at 900 Koch St Suite 2.

MENU SUBJECT TO CHANGE



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients		
<p>Parents may make on-line payments using Mastercard, Discover or E-check by going to the District Website-www.pekin.net/pekin108. Choose the dark blue "Parents" icon, then scroll to the bottom of the screen and click on the E-pay icon.</p>			27	Beef Ravioli White Bread Green Beans Applesauce Choice of milk CONDIMENT CHOICES	28	Meatball Sub Corn Diced Peaches Choice of milk CONDIMENT CHOICES	Cal 653 T.Fat 22.55 G S.Fat 6.3 G Chol 49.5 Mg Sodm 1257.80 Mg Carb 88.43 G Fiber 6.4 G Prtn 27.44 G Iron 3.13 Mg Calc 440.82 Mg
31	1	2	3	4			
BBQ Joe on a bun Mixed Vegetables Cinnamon Apples Choice of milk CONDIMENT CHOICES	Variety PIZZA Broccoli Mixed Fruit Choice of milk Condiment Choices	Spaghetti w/ Meat Sauce White Bread Corn Mandarin Oranges Choice of milk CONDIMENT CHOICES	Hawiian Pizza Variety PIZZA Green Peas Diced Peaches Choice of milk CONDIMENT CHOICES	Meatball Sub Green Beans Pineapple Tidbits Choice of milk CONDIMENT CHOICES **Chocolate Chip Cookie**	Cal 706 T.Fat 24.56 G S.Fat 6.8 G Chol 52.9 Mg Sodm 1285.38 Mg Carb 94.11 G Fiber 6.4 G Prtn 29.72 G Iron 3.81 Mg Calc 447.37 Mg		
7	8	9	10	11			
	Variety PIZZA Corn Mandarin Oranges Choice of milk CONDIMENT CHOICES	Macaroni and cheese w/Br Candied Carrots Diced Pears Choice of milk CONDIMENT CHOICES Condiments, Taco/Nacho **Snacks Animal Crackers**	Taco Pizza Variety PIZZA Green Beans Applesauce Choice of milk CONDIMENT CHOICES	Chicken Patty Sandwich Broccoli Diced Peaches Choice of milk CONDIMENT CHOICES	Cal 742 T.Fat 26.40 G S.Fat 6.9 G Chol 52.5 Mg Sodm 1430.48 Mg Carb 98.73 G Fiber 6.2 G Prtn 30.71 G Iron 3.66 Mg Calc 486.78 Mg		
14	15	16	17	18			
Beef Ravioli w/ Bread Mixed Vegetables Cinnamon Apples Choice of milk CONDIMENT CHOICES	Variety PIZZA Broccoli Mixed Fruit Choice of milk CONDIMENT CHOICES	Beef and Noodles White Bread Corn Mandarin Oranges Choice of milk CONDIMENT CHOICES	Veggie Pizza Variety PIZZA Green Peas Diced Peaches Choice of milk CONDIMENT CHOICES		Cal 720 T.Fat 25.39 G S.Fat 6.9 G Chol 92.2 Mg Sodm 1281.37 Mg Carb 96.30 G Fiber 6.1 G Prtn 28.78 G Iron 3.54 Mg Calc 425.82 Mg		
21	22	23	24	25			
Chicken Patty Sandwich Green Peas Mixed Fruit Choice of milk CONDIMENT CHOICES	Variety PIZZA Corn Mandarin Oranges Choice of milk CONDIMENT CHOICES	Beef Tacos Candied Carrots Diced Pears Choice of milk CONDIMENT CHOICES	Meatlovers Pizza Variety PIZZA Green Beans Applesauce Choice of milk CONDIMENT CHOICES	Salisbury Steak Beef Gravy Broccoli Diced Peaches Choice of milk CONDIMENT CHOICES	Cal 705 T.Fat 25.60 G S.Fat 6.7 G Chol 55.5 Mg Sodm 1285.38 Mg Carb 91.29 G Fiber 6.2 G Prtn 30.24 G Iron 3.49 Mg Calc 441.03 Mg		
28	29	30	In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture,				
Beef and Bean Burrito Mixed Vegetables Cinnamon Apples Choice of milk CONDIMENT CHOICES	Variety PIZZA Broccoli Mixed Fruit Choice of milk CONDIMENT CHOICES	Beef Ravioli W/ Bread Corn Mandarin Oranges Choice of milk CONDIMENT CHOICES			Cal 719 T.Fat 24.62 G S.Fat 6.4 G Chol 49.9 Mg Sodm 1373.29 Mg Carb 98.11 G Fiber 6.9 G Prtn 28.94 G Iron 3.51 Mg Calc 459.74 Mg		