

NOVEMBER

LUNCH



CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
November 1, 2021	November 2, 2021	November 3, 2021	November 4, 2021	November 5, 2021
GALAXY CHEESE PIZZA ^ Broccoli Diced Peas Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ Potato Wedges Diced Peaches Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Sliced Apples Mustard Ketchup Choice of Milk	TURKEY & CHEESE ON A BUN^ Country Blend Vegetables Fresh Banana Mayo Choice of Milk
November 8, 2021	November 9, 2021	November 10, 2021	November 11, 2021	November 12, 2021
NO SCHOOL PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Choice of Milk	NO SCHOOL PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ Broccoli Diced Peas Choice of Milk	CRUNCHY CHICKEN TENDERS ^ Corn Fresh Banana BBQ Sauce Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ Baked Beans Orange Juice Mustard Ketchup Choice of Milk	CHICKEN DUMPLINGS ^ Mixed Vegetables Diced Peaches Choice of Milk
November 15, 2021	November 16, 2021	November 17, 2021	November 18, 2021	November 19, 2021
MAC & CHEESE ^ Country Blend Vegetables Diced Peas Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Choice of Milk	HERO SANDWICH ^ Potato Wedges Orange Juice Mustard Ketchup Choice of Milk	TURKEY TACOS Wild White Nacho Doritos^ Salsa Cup Ruby Rusher Vegetable Juice Sliced Apples Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Fresh Banana Mustard Ketchup Choice of Milk
November 22, 2021	November 23, 2021	November 24, 2021	November 25, 2021	November 26, 2021
PIZZA DIPPERS ^ Marinara Sauce Tropical Veggie Juice Applesauce Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk	NO SCHOOL	THANKSGIVING	NO SCHOOL
November 29, 2021	November 30, 2021	December 1, 2021	December 2, 2021	December 3, 2021
GALAXY CHEESE PIZZA ^ Broccoli Diced Peas Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

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	TURKEY & CHEESE ON A BUN^	275	7	2	0	50	710	28	2	5	24	0	0	134	2	MMA:2oz G/B:2sv WG BW-LPP
	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1	V:1/4c S V:1/2c O BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mayo	90	9	2	0	10	45	1	0	0	0	0	0	2	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-08-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	85	4	0	0	0	328	10	2	4	2	16	0	27	0	V:1/2c RO BW-PLANT
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-09-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PENNE PASTA W/MEAT SAUCE ^	320	9	4	0	36	454	40	4	11	19	9	0	93	4	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-10-2021																
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	Corn	110	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-11-2021																
	HOT DOG WITH POTATO ROUNDS	268	18	6	0	30	830	19	2	2	7	0	1	0	1	MMA:2oz V:1/2c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

11-12-2021																	
	CHICKEN DUMPLINGS ^	324	9	0	0	30	1109	46	2	13	18	21	1	48	3	MMA:2oz G/B:2sv WG V:1/4c O	
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW- PLANT	
	Diced Peaches	80	0	0	0	0	0	21	1	12	1	0	0	0	0	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
11-15-2021																	
	MAC & CHEESE ^	332	10	6	0	32	797	42	2	11	19	449	1	478	1	MMA:2oz G/B:1sv WG	
	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1	V:1/4c S V:1/2c O BW- PLANT	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
11-16-2021																	
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG BW-PLANT	
	Diced Peaches	80	0	0	0	0	0	21	1	12	1	0	0	0	0	F:1/2c BW-PLANT	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
11-17-2021																	
	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG	
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S	
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
11-18-2021																	
	TURKEY TACOS	150	8	2	0	47	300	6	2	2	15	562	0	0	1	MMA:2oz BW-LPP BW-LS	
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG	
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO	
	Ruby Rusher Vegetable Juice	50	0	0	0	0	35	14	0	12	0	500	70	10	0	V:1/2c RO	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
11-19- 2021																	
	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz	

	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-22-2021																
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1	V:1/2c RO BW-PLANT
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-23-2021																
	BBQ CHICKEN TATER TOT-CHOS	346	13	4	0	46	702	36	3	12	21	1	2	120	1	MMA:2oz V:1/4c RO V:1/2c S
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-24-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-25-2021																
	THANKSGIVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-26-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-29-2021																
	GALAXY CHEESE PIZZA ^	280	12	6	0	30	440	29	3	9	15	90	0	250	2	MMA:2oz G/B:2sv WG V:1/8c RO
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-30-2021																
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT

	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Grean R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: DANIEL BURNHAM ELEMENTARY SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
11-01-2021									
	GALAXY CHEESE PIZZA ^	X						X	X
	Broccoli								
	Diced Pears								
	Choice of Milk	X							
11-02-2021									
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Mixed Vegetables								
	Orange Juice								
	BBQ Sauce							X	
	Choice of Milk	X							
11-03-2021									
	GRILLED CHEESE PANINI ^	X						X	X
	Potato Wedges							X	
	Diced Peaches								
	Ketchup								
	Choice of Milk	X							
11-04-2021									
	CHEESEBURGER	X						X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	SunSet Sip Juice								
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							

11-05-2021									
	TURKEY & CHEESE ON A BUN^	X						X	X
	Country Blend Vegetables								
	Fresh Banana								
	Mayo		X					X	
	Choice of Milk	X							
11-08-2021									
	NO SCHOOL								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	SunSet Sip Juice								
	Applesauce								
	Choice of Milk	X							
11-09-2021									
	NO SCHOOL								
	PENNE PASTA W/MEAT SAUCE ^	X						X	X
	Breadstick ^							X	X
	Broccoli								
	Diced Pears								
	Choice of Milk	X							
11-10-2021									
	CRUNCHY CHICKEN TENDERS ^							X	X
	Corn								
	Fresh Banana								
	BBQ Sauce							X	
	Choice of Milk	X							
11-11-2021									
	HOT DOG WITH POTATO ROUNDS							X	
	Hot Dog Bun ^	X						X	X
	Baked Beans								
	Orange Juice								
	Mustard								

	Ketchup								
	Choice of Milk	X							
11-12-2021									
	CHICKEN DUMPLINGS ^						X	X	
	Mixed Vegetables								
	Diced Peaches								
	Choice of Milk	X							
11-15-2021									
	MAC & CHEESE ^	X					X	X	
	Country Blend Vegetables								
	Diced Pears								
	Choice of Milk	X							
11-16-2021									
	CRISPY CHICKEN PATTY ^						X	X	
	Hamburger Bun ^	X					X	X	
	Broccoli								
	Diced Peaches								
	BBQ Sauce						X		
	Choice of Milk	X							
11-17-2021									
	HERO SANDWICH ^	X					X	X	
	Potato Wedges						X		
	Orange Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
11-18-2021									
	TURKEY TACOS						X		
	Wild White Nacho Doritos^	X							
	Salsa Cup								
	Ruby Rusher Vegetable Juice								
	Sliced Apples								

	Choice of Milk	X							
11-19-2021									
	CHARBROILED HAMBURGER						X		
	Hamburger Bun ^	X					X	X	
	Baked Beans								
	SunSet Sip Juice								
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
11-22-2021									
	PIZZA DIPPERS ^	X	X				X	X	
	Marinara Sauce								
	Tropical Veggie Juice								
	Applesauce								
	Choice of Milk	X							
11-23-2021									
	BBQ CHICKEN TATER TOT-CHOS	X					X		
	Tortilla Rounds ^								
	Orange Juice								
	Choice of Milk	X							
11-24-2021									
	NO SCHOOL								
11-25-2021									
	THANKSGIVING								
11-26-2021									
	NO SCHOOL								
11-29-2021									
	GALAXY CHEESE PIZZA ^	X					X	X	
	Broccoli								
	Diced Pears								
	Choice of Milk	X							

11-30-2021

CRISPY CHICKEN PATTY ^

X

X

Hamburger Bun ^

X

X

X

Mixed Vegetables

Orange Juice

BBQ Sauce

X

Choice of Milk

X