

# MODIFIED DIET Lunch Menu

## 2012-2013 School Year

### One Week Cycle Menu

*Lunch Prices*

**Student Price: \$2.75**

**Reduced Price: \$.40**

**Milk Only: .35**

Lunch price includes milk.

**\*\*The following allergens are present in this menu: Egg (GF hamburger and GF Hot dog bun)**

The ingredient labels of the foods on this menu do not contain milk, peanuts, tree nuts, fish, shellfish, soy and wheat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger on GF Bun	Seasoned Chicken Breast	Hot Dog on GF Bun	Spanish Rice with Beef	Turkey Burger on GF Bun

Menu ONLY available by submitting Modified Diet Request Form with a Physician Signature.

Menus written by:  
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Director of Food & Nutrition Services  
630-858-3850 x6263 or  
svoss@d15.us

Students receiving the modified diet will have their entrée packed separate and prepared by a Registered Dietitian. Any substitutes to the menu will be made on a case by case basis in accordance to the modified menu request.

### Fruit & Vegetable Side Choice Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A</b>	Choose two: Steamed Corn Seasonal Fresh Fruit Chilled Fruit Cup Carrots	Choose two: Flavored Applesauce Seasonal Fresh Fruit Fresh Vegetable Black Bean & Corn Salad	Choose two: Roasted Sweet Potatoes Seasonal Fresh Fruit Chilled Fruit Cup Spring Mix Salad	Choose two: Breakfast Potatoes 100% Fruit Juice Fresh Fruit Fresh Vegetable	Choose two: Steamed Sweet Peas Seasonal Fresh Fruit Spring Mix Salad Chilled Fruit Cup
<b>B</b>	Choose two: Steamed Corn Seasonal Fresh Fruit Carrots Chilled Fruit Cup	Choose two: Steamed Green Beans Seasonal Fresh Fruit Fresh Vegetable Applesauce	Choose two: Mashed Potatoes Seasonal Fresh Fruit Chilled Fruit Cup Spring Mix Salad	Choose two: 100% Fruit Juice Seasonal Fresh Fruit Fresh Vegetable Carrots	Choose two: Baked Beans Chilled Fruit Cup Seasonal Fresh Fruit Spring Mix Salad
<b>C</b>	Choose two: Steamed Corn Seasonal Fresh Fruit Chilled Fruit Cup Carrots	Choose two: Flavored Applesauce Seasonal Fresh Fruit Spring Mix Salad Fresh Vegetable	Choose two: Tater Triangles Seasonal Fresh Fruit Chilled Fruit Cup Bean Salad	Choose two: 100% Fruit Juice Seasonal Fresh Fruit Carrots Fresh Vegetable	Choose two: Steamed Green Beans Chilled Fruit Cup Seasonal Fresh Fruit Spring Mix Salad

Please email me this form at svoss@d15.us by the end of each month what days your child will eat for the following month.

Child's Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

My child will be purchasing a lunch on the following dates:

September:

February:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

October:

March:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

November:

April:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

December:

May:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

January:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fresh fruit & vegetables are available on a daily basis. Students should select fruits and vegetables that fit into their diet plan to go with their entrée.

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER									
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F					
										A 1	2	3	4	/	B			X	X	A	3	4	5	6	7				
					C X	4	5	6	7	B X	X	10	11	12	C	5	6	7	8	9	B	10	11	12	13	14			
					A	10	11	12	13	/	C	15	16	17	18	19	A	12	13	14	15	16	C	17	18	19	20	/	
A	X	X	22	23	24	B	17	18	19	20	21	A	22	23	24	25	26	B	19	/	X	X	X	X	X	X	X	X	X
B	27	28	29	30	31	C	24	25	26	27	28	B	29	30	31			C	26	27	28	29	30	X	X				
JANUARY					FEBRUARY					MARCH					APRIL					MAY									
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F					
X		X	X	X	X	A				1	B				X	C	1	2	3	4	5	A			1	2	3		
A	7	8	9	10	11	B	4	5	6	7	8	C	4	5	6	7	8	A	8	9	10	11	12	B	6	7	8	9	10
B	14	15	16	17	18	C	11	12	13	14	/	A	11	12	13	14	15	B	15	16	17	18	/	C	13	14	15	16	17
C	X	X	23	24	25	A	X	19	20	21	22	B	18	19	20	21	/	C	22	23	24	25	26	A	20	21	22	23	24
A	28	29	30	31		B	25	26	27	28		X	X	X	X	X	X	A	29	30				B	X	28	29	30	/