

# SEPTEMBER 2022

## Jack's Catering – Menu B

### LUNCH

**Jackslunchbox.com 630-785-8495**

V – vegetarian

DF/EF/GF – Dairy/Egg/Gluten/ free

\*Milk is provided by Jack's on a school-by-school basis.



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

\*corn will be eliminated for children under 2 on 9/22. Only mashed potatoes will be sent for them.

#### 5. Labor Day - closed

12. French Toast Sticks w/ turkey sausage OR yogurt (V)  
GF Chicken Strips (GF, EF, DF)  
Clementine  
Diced Potatoes

19. All-Natural Chicken Strips (EF, DF) \*available GF  
Mozzarella Breadsticks (V) w/marinara  
Clementine  
Green Beans

26. FlapJACKS w/ turkey sausage OR yogurt (V)  
DIY Turkey & Cheese (on side) w/ GF Crackers (GF, EF, DF)  
Whole apples (Bananas for infants)  
Tater Tots

### TUESDAY



6. All-Natural Chicken Strips (EF, DF) \*available GF  
Mozzarella Breadsticks (V) w/marinara  
Clementine  
Green Beans

13. Quesadillas (V or Chicken) (EF)  
Corn tortilla for GF  
Sunflowerbutter & Jelly (V, EF, DF)  
Fresh Pineapple  
Veggie Medley

20. Chicken or Cheese (V)  
Enchiladas  
Sunflowerbutter & Jelly (V, EF, DF)  
Fresh Melon  
Broccoli & Cauliflower

27. \*NEW\* Teriyaki Meatballs w/rice (DF)  
Vegetable Teriyaki w/rice (V, GF, DF, EF)  
Pineapple  
Broccoli in Teriyaki

### WEDNESDAY

7. Cheese Ravioli (V)  
Pasta Marinara (V, DF)  
GF Pasta Marinara (V, DF, EF, GF)  
Grapes (or substitute under 2)  
Broccoli & Cauliflower

14. Pasta & Turkey Meatballs  
Pasta Marinara (V, DF, EF)  
Gluten Free Pasta Marinara  
Fresh Melon  
Steamed Green Beans

21. Jack's Mac (V, EF)  
GF Crackers & Turkey w/\*cheese (GF, EF, \*cheese on side DF)  
Bananas  
Veggie Medley

28. Pasta Alfredo  
Pasta Alfredo with Chicken  
\*GF Pasta Marinara (GF, EF, DF)  
Clementine  
Roasted Zucchini

### THURSDAY

1. Cheese Sammy (V)  
Turkey Sammy (DF, EF)  
DIY Turkey & Cheese (on side) w/ GF Crackers (GF, EF, DF)  
Banana  
Raw Carrots (cooked for infants)

8. BBQ Chicken Legs (GF, EF, DF)  
Grilled Cheese (V)  
Fresh Pineapple  
Tater Tots

15. Sunflowerbutter & Jelly (V, DF)  
Turkey Sammy (DF, EF)  
DIY Turkey & Cheese (on side) w/ GF Crackers (GF, EF, DF)  
Banana  
Raw Carrots (cooked for infants)

22. Spuds Bowl (V, GF, EF)  
Chicken Spuds Bowl (EF)  
All-Natural Chicken Strips (EF, DF) \*available GF  
Fresh Pineapple  
Mash. Potatoes + \*Corn

29. Sunflowerbutter & Jelly (V, DF)  
Turkey Sammy (DF, EF)  
DIY Turkey & Cheese (on side) w/ GF Crackers (GF, EF, DF)  
Banana  
Raw Carrots (cooked for infants)

### FRIDAY

2. Jack's Homemade Cheese Pizza (V, EF available GF)  
Asian Noodle Salad (V, DF)  
Fruit Salad  
Cucumber Coins

9. All Beef Hamburger (EF, DF)  
Gluten Free (no bun)  
Bean Burrito (V)  
Fresh Melon  
Baked Beans

16. Jack's Homemade Cheese Pizza (V, EF available GF)  
Asian Noodle Salad (V, DF)  
Fruit Salad  
Cucumber Coins

23. All Beef Hamburger (EF, DF)  
Gluten Free (no bun)  
Bean Burrito (V)  
Fruit Salad  
Caesar Salad (cucumbers for infants)

30. Jack's Homemade Cheese Pizza (V, EF available GF)  
Asian Noodle Salad (V, DF)  
Fruit Salad  
Cucumber Coins