

Proviso Township High Schools

Monday
Tuesday
Wednesday
Thursday
Friday

Maple Pancake Sausage Sandwich
Honey Nut Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Breakfast Tacos
Grape Crescent
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Sheet Tray Egg Omelet
Peach Smoothies
 w/ Granola
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Pancake & Sausage
 w/ Potato Hash
Blueberry Yogurt Parfait
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Turkey Bacon, Egg & Cheese
Croissant Sandwich
Mango Pineapple Smoothies
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Strawberry & Cream Bagel Bar
Cocoa Puffs Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Pancakes & Sausage
 w/ Potato Hash
Peach Yogurt Parfaits
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Grit, Eggs, & Toast
Banana Bread
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Egg and Cheese Stuffed Hash Brown
Overnight Blueberry Oats
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Mini Cinnamon Waffles
 w/ Has Brown
Fruit Loop Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Chocolate Crescent
Trix Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Ham & Cheese Croissant
 w/ Hash Brown
Strawberry Banana Smoothie
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Sausage Breakfast Skillet
 w/ Toast
Peaches & Cream Overnight Oats
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Waffles & Sausage
 w/ Sweet Potato Tots
Horchata Apple Yogurt Parfait
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Egg And Cheese Sandwich
 w/ Hash Brown
Super Donut Holes
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)



Egg & Cheese Bagel Sandwich
Cinnamon Toast Crunch Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Sheet Tray Egg Omelet
Peach Smoothies
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Loaded Tater Tots
Blueberry Muffin
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Egg & Cheese Biscuit
 w/ Sweet Potato Tater Tots
Lucky Charm Cereal
 Choice of Milk
 Choice of Fresh Fruit and/or Vegetable
 100% Fruit Juice (may only take one)

Served Daily: Fresh fruit & vegetables, Whole Grains, 1% white milk & fat free flavored milk. Please ask cafeteria manager for gluten free options.

These products are funded by the USDA. This institution is an equal opportunity provider. Menu items subject to change due to availability. Please contact manager prior to the menu with any questions.

Student Price: 1st meal FREE, 2nd meal \$2.00 **Adult Price:** \$3.25



MAY 2025

Proviso Township High Schools

Grades:
9 - 12

Monday

Tuesday

Wednesday

Thursday

Friday

5
Beef Taco
on Wheat Tortillas
w/ Spanish Rice & Refried Beans
Vegetable Bar
Fruit of the Day
Choice of Milk

6
Rotini Pasta in Meat Sauce
/Marinara Sauce
w/ Whole Grain Garlic Toast
& California Vegetable Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

7
Dill Chicken Sandwich
On White Wheat Bun
& French Fries
Vegetable Bar
Fruit of the Day
Choice of Milk

8
Bone-in Wings
w/ Dinner Roll
& Steamed Broccoli
Vegetable Bar
Fruit of the Day
Choice of Milk

2
Buffalo Chicken Melt
w/ Whole Grain Garlic Toast
& Steamed Broccoli
Vegetable Bar
Fruit of the Day
Choice of Milk

9
Beef Teriyaki Bite
w/ Fried Rice
& Oriental Vegetable Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

12
Chicken Al Pastor Bowl
w/ Cilantro Lime Rice & Black Bean
& Tortilla Chips
Vegetable Bar
Fruit of the Day
Choice of Milk

13
Lasagna Roll-up
w/ Whole Grain Garlic Toast
& California Vegetable Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

14
Orange Chicken
w/ Fried Rice
& Oriental Vegetable Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

15
Beef Hotdog
On White Wheat Bun
& Potato Bites
Vegetable Bar
Fruit of the Day
Choice of Milk

16
Italian Beefs
On Whole Wheat Roll
& Steamed Carrots
Vegetable Bar
Fruit of the Day
Choice of Milk

19
Asian Style Chicken
w/ Fried Rice
& Steamed Broccoli
Vegetable Bar
Fruit of the Day
Choice of Milk

20
Chicken Alfredo
w/ Whole Grain Garlic Toast
& Green Beans
Vegetable Bar
Fruit of the Day
Choice of Milk

21
Spicy Chicken Sandwich
On White Wheat Bun
& Peas and Carrots
Vegetable Bar
Fruit of the Day
Choice of Milk

22
Popcorn Chicken Bowl
w/ Dinner Roll
Vegetable Bar
Fruit of the Day
Choice of Milk

23
Hamburger/Cheeseburger
On White Wheat Bun
& Sweet Potato Tater Tots
Vegetable Bar
Fruit of the Day
Choice of Milk



27
Turkey Barbacoa Nacho
On Tortilla Chips
& Black Beans
Vegetable Bar
Fruit of the Day
Choice of Milk

28
Teriyaki Potstickers
& Oriental Vegetable Blend
Vegetable Bar
Fruit of the Day
Choice of Milk

29
Bacon & Cheese Crispy Chicken
On White Wheat Bun
& French Fries
Vegetable Bar
Fruit of the Day
Choice of Milk

30
FINAL DAY
Pizza Party
& Buffalo Cauliflower
Vegetable Bar
Fruit of the Day
Choice of Milk

SERVED DAILY: Fresh fruits and vegetables, whole grains, 1% white milk. Please ask cafeteria manager for gluten free options. **These products are funded by the USDA. This institution is an equal opportunity provider.** Menu items subject to change due to availability. Please contact the cafeteria manager prior to the menu with any questions.

Menu Prices

Students: First lunch is **FREE**, second lunch \$3.00

Adults: \$5.50

SALADS & SUBS

Salads

MONDAY: TURKEY & BACON COBB SALAD

A SATISFYING SALAD MADE WITH MIXED GREENS, TOPPED WITH SLICED TURKEY, CRISPY BACON, HARD-BOILED EGGS, TOMATOES, CROUTONS/DINNER ROLL AND SERVED WITH CHOICE OF DRESSING.

TUESDAY: CHICKEN OR CHICKPEA CAESAR SALAD

A CAESAR SALAD TOPPED WITH CHICKEN OR SEASONED CHICKPEAS, ROMAINE LETTUCE, CUCUMBER, PARMESAN & MOZZARELLA CHEESE, CROUTONS/DINNER ROLL, AND SERVED WITH A CHOICE OF DRESSING.

WEDNESDAY: ORANGE CHICKEN SALAD

A FLAVORFUL SALAD MADE WITH CRISP ROMAINE LETTUCE, SHREDDED CABBAGE, CARROTS AND MANDARIN ORANGES, TOPPED WITH GRILLED ORANGE CHICKEN AND SERVED WITH AN ASIAN-INSPIRED DRESSING.

THURSDAY: GREEK CHICKEN OR CHICKPEA SALAD

A REFRESHING SALAD MADE WITH A BASE OF CRISP ROMAINE, TOPPED WITH CUCUMBERS, TOMATOES, RED ONIONS, OLIVES, CHEESE, AND CHICKEN OR SEASONED CHICKPEAS, SERVED WITH CROUTONS/DINNER ROLL AND A CHOICE OF DRESSING.

FRIDAY: CHEF'S CHOICE SALAD

A DAILY SPECIALTY SALAD CRAFTED BY OUR KITCHEN TEAM USING THE FRESHEST INGREDIENTS AVAILABLE AND BASED ON USDA STANDARDIZED RECIPES. MADE WITH CRISP ROMAINE LETTUCE AND A VARIETY OF TOPPINGS THAT ENSURE A BALANCED, NUTRITIOUS MEAL. SERVED WITH A DINNER ROLL/CROUTONS AND A CHOICE OF DRESSING.



Subs

MONDAY: TURKEY HAM & PROVOLONE CHEESE SUB

A DELICIOUS COMBINATION OF TURKEY HAM AND PROVOLONE CHEESE ON A FRESH SUB ROLL, SERVED WITH CRISP LETTUCE, TOMATOES, AND A CHOICE OF CONDIMENTS.

TUESDAY: TURKEY & CHEDDAR CHEESE W/ TURKEY BACON SUB

A CLASSIC CLUB-STYLE SUB FEATURING TURKEY, CRISPY TURKEY BACON, AND CHEDDAR CHEESE, LAYERED WITH LETTUCE, TOMATOES, AND A CHOICE OF CONDIMENTS ON A FRESH SUB ROLL.

WEDNESDAY: ITALIAN DELI & MOZZARELLA CHEESE SUB

A HEARTY ITALIAN-STYLE SUB WITH TURKEY-BASED ITALIAN COLD CUTS, PROVOLONE CHEESE, LETTUCE, TOMATOES, AND ZESTY ITALIAN DRESSING ON A FRESH SUB ROLL.

THURSDAY: BANH MI VIETNAMESE SUB

A FLAVORFUL TWIST ON THE CLASSIC BANH MI, FEATURING TURKEY HAM, DELI TURKEY, SHREDDED CARROTS, FRESH CUCUMBERS, CILANTRO, AND A HINT OF SPICY MAYO ON A SUB ROLL.

FRIDAY: ALL-AMERICAN SUB

A TIMELESS FAVORITE WITH TURKEY, TURKEY HAM, CHEDDAR CHEESE, LETTUCE, TOMATOES, AND A CHOICE OF CONDIMENTS, ALL SERVED ON A FRESH SUB ROLL.



SANDWICHES, KITS & WRAPS

Sandwiches

MONDAY & FRIDAY: UNCRUSTABLE PEANUT BUTTER & JELLY SANDWICH

A CLASSIC, SOFT, AND CRUST-FREE PEANUT BUTTER AND JELLY SANDWICH, MADE WITH CREAMY PEANUT BUTTER AND SWEET GRAPE JELLY, PERFECT FOR A QUICK AND SATISFYING MEAL.

TUESDAY-THURSDAY: PEANUT BUTTER & JELLY SANDWICH

A SIMPLE YET DELICIOUS SANDWICH MADE WITH CREAMY PEANUT BUTTER AND SWEET JELLY ON WHOLE-GRAIN BREAD, OFFERING A BALANCE OF PROTEIN AND ENERGY.

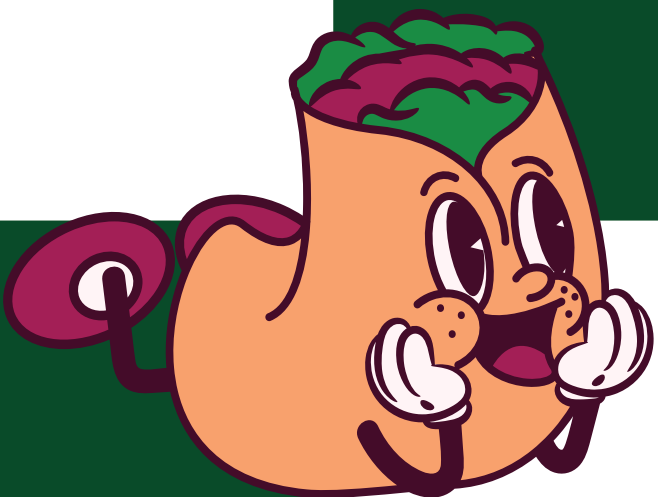
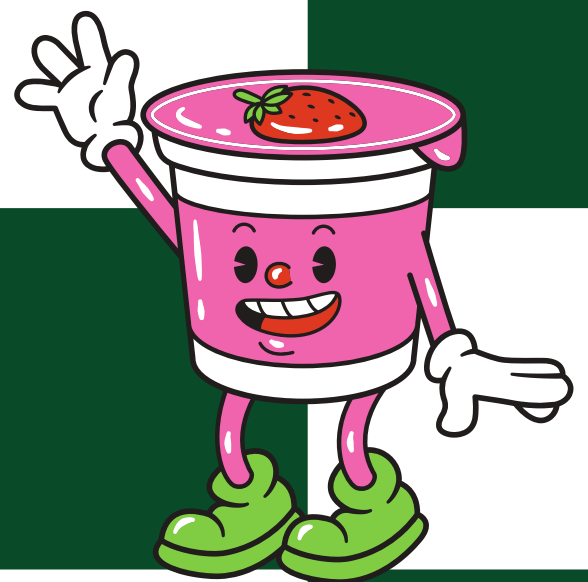
Quick Kits

MONDAY - TUESDAY & THURSDAY: YOGURT KIT

A NUTRITIOUS AND REFRESHING MEAL FEATURING CREAMY YOGURT, GRANOLA, CHEESE STICK, AND WHOLE-GRAIN GRANOLA, PROVIDING A PERFECT BLEND OF PROTEIN, FIBER, AND NATURAL SWEETNESS.

WEDNESDAY & FRIDAY: TUNA SALAD KIT

A PROTEIN-PACKED MEAL WITH CLASSIC TUNA SALAD SERVED ALONGSIDE WHOLE-GRAIN CRACKERS, CRISP VEGGIES, AND A SIDE OF FRESH FRUIT FOR A LIGHT YET FILLING OPTION.



Wraps

MONDAY: CHICKEN CAESAR WRAP

GRILLED CHICKEN, CRISP ROMAINE LETTUCE, CUCUMBER, PARMESAN CHEESE, AND CAESAR DRESSING WRAPPED IN A WHOLE WHEAT TORTILLA FOR A FLAVORFUL AND SATISFYING MEAL.

TUESDAY: TURKEY HAM & CHEDDAR WRAP

SLICED TURKEY HAM AND CHEDDAR CHEESE PAIRED WITH FRESH LETTUCE AND TOMATOES, WRAPPED IN A WHOLE WHEAT TORTILLA AND SERVED WITH A CHOICE OF CONDIMENTS.

WEDNESDAY: SRIRACHA CHICKEN SALAD WRAP

A SPICY TWIST ON A CLASSIC, FEATURING CREAMY CHICKEN SALAD WITH A KICK OF SRIRACHA, CRISP LETTUCE, AND SHREDDED CARROTS, ALL WRAPPED IN A WHOLE WHEAT TORTILLA.

THURSDAY: TURKEY CLUB WRAP

A HEARTY WRAP FILLED WITH TURKEY, TURKEY BACON, CHEDDAR CHEESE, LETTUCE, AND TOMATOES, SERVED WITH A CHOICE OF CONDIMENTS IN A WHOLE WHEAT TORTILLA.

FRIDAY: TUNA SALAD WRAP

A FRESH AND LIGHT OPTION WITH CLASSIC TUNA SALAD, CRISP LETTUCE, AND DICED CELERY, WRAPPED IN A WHOLE WHEAT TORTILLA FOR A PROTEIN-PACKED MEAL.

PIZZA

Parlor

Monday & Friday

BOSCO STICKS: WARM, SOFT, AND CHEESY BREADSTICKS BAKED TO PERFECTION AND SERVED WITH A SIDE OF MARINARA SAUCE FOR DIPPING.

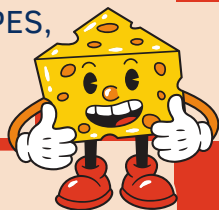


Tuesday & Thursday

BIG DADDY CHEESE PIZZA: A CLASSIC FAVORITE FEATURING A CRISPY, GOLDEN CRUST TOPPED WITH RICH TOMATO SAUCE AND A LAYER OF MELTED MOZZARELLA CHEESE.

BIG DADDY TURKEY PEPPERONI PIZZA: A DELICIOUS TWIST ON A CLASSIC, FEATURING A GOLDEN CRUST TOPPED WITH ZESTY TOMATO SAUCE, MELTED MOZZARELLA, AND TURKEY PEPPERONI FOR A FLAVORFUL OPTION.

CHEF'S CHOICE PIZZA: A ROTATING SPECIALTY PIZZA CRAFTED BY OUR KITCHEN TEAM, FEATURING INGREDIENTS AND USDA-STANDARDIZED RECIPES, ENSURING A DELICIOUS AND BALANCED MEAL.



Wednesday

1ST AND 3RD WEDNESDAY GRILLED CHEESE: A COMFORTING CLASSIC WITH GOLDEN, WHOLE-GRAIN BREAD TOASTED TO PERFECTION AND FILLED WITH MELTED CHEESE, SERVED WARM AND CRISPY.

2ND AND 4TH WEDNESDAY QUESADILLA: A SAVORY, TOASTED WHOLE-WHEAT TORTILLA FILLED WITH MELTED CHEESE SERVED WITH A SIDE OF SALSA FOR DIPPING.

MIGHTY GRAIN BOWLS

Monday: Italian Chicken with Oregano & Lemon Bowl

Chicken &/or chickpeas seasoned with aromatic oregano and lemon, served over a bed of rice with roasted vegetables for a light yet flavorful meal.

Tuesday: Orange Chicken Bowl

Tender chicken &/or edamame glazed in a tangy orange sauce, served over rice with a mix of roasted broccoli for a balanced and delicious dish.

Wednesday: No Bowl

Please look over creation station. salads, deli or pizza polar options today.

Thursday: Turkey Barbacoa Nacho Bowl

Slow-cooked turkey barbacoa &/or black beans, served over whole grain tortilla chips with roasted corn & pepper for a bold and satisfying meal.

Friday: Chicken Alfredo Pasta Bowl

A classic favorite! Tender chicken tossed with creamy Alfredo sauce and served over warm whole grain pasta. Paired with a side of vegetables for a comforting and satisfying meal.