

Consolidated High School District 230 – Orland Park, Illinois

Healthy Choices and Where You Can Find Them	
Breakfast at the Grill	
French Toast	Dannon Non Fat Yogurt
Cereal with carton of milk	Dannon Yogurt
Cereal	Orange Juice
Fresh Fruit	Milk
Fruit Cup	Milk Chug
Home Cooking	
A variety of dishes made fresh daily. Includes a main dish, a side dish and a vegetable.	
Freshly made soups	Make-it-yourself salads.
Deli Bar	
Deli sandwiches with your choice of sliced beef, turkey breast or ham on a Kaiser roll, Croissant, Wheat roll, or Flour Tortilla Wrap garnished with lettuce, tomato and onion. Add a slice of American, White Brick or Swiss cheese.	
Tuna Sandwich	Veggie Sandwich
Grab N' Go	
Cold sandwiches on white or wheat bread with turkey, ham or roast beef a slice of cheese and garnished with lettuce. Also Tuna salad on white or wheat bread.	
Cottage Cheese	Pasta Salad
Cottage Cheese with fruit	Garden Salad
Specialty Salad	Veggies & Dip
Fresh Fruit	Canned Fruit
Jell-O	

Deli Bar	
Deli Sandwich \$2.50	
Choice of Roll	Choice of Meat
<ul style="list-style-type: none"> • Kaiser Roll • Croissant • Wheat Bread • Flour Tortilla/Wraps 	<ul style="list-style-type: none"> • Sliced Beef • Sliced Turkey Breast • Sliced Ham • Tuna Salad
Sliced cheese (American, White Brick, Swiss) 30¢ extra	
Lettuce, tomato and onion garnished with Kosher dill spear and chips, pretzels, or fresh fruit	
Veggie Sandwich \$1.50	
Tuna Sandwich \$2.50	

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Beverages	
Carbonated Beverages, Small - 80¢	
Diet Pepsi	Diet Sprite
Diet Dr. Pepper	Unsweetened Tea
Milk, White or Chocolate - 25¢	
Chug - Chocolate - \$1.25	
Chug - Strawberry - \$1.25	
Coffee, 8oz. - 40¢	
Coffee, 12oz. - 60¢	
Tea - 40¢	
Vanilla Cappuccino - \$1.25	
Swiss Mocha - \$1.25	
Orange Juice - 50¢	

Breakfast at the Grill (7:15am - 8:25am)	
French Toast with syrup - \$1.25	
Cereal with carton of milk - \$1.15	
Cereal - 90¢	
Homemade Muffin - 70¢	
Cinnamon Rolls - 70¢	
Breakfast Sandwich - \$1.25 to \$1.75	
Bagel with Cream Cheese - 70¢	
Assorted Donuts - 75¢	
Fresh Fruit - 55¢	
Nutri Grain Bars - 60¢	
Dannon Non-Fat Yogurt - 80¢	
Yogurt Parfaits - \$1.25	
Orange Juice - 50¢	
Milk cartons - 25¢	
Milk Chugs - \$1.25	
French Vanilla Cappuccino - \$1.25	
Hot Chocolate - \$1.25	
Swiss Mocha - \$1.25	

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Grab N' Go	
Cold Sandwiches on white or wheat bread - \$1.85	
Turkey and cheese with lettuce Roast Beef and cheese with lettuce	Ham and cheese with lettuce Tuna Salad
Peanut Butter and Jelly - \$1.10	
Tuna with Sliced Tomato - \$1.70	
Cottage Cheese - 70¢ with Fruit - \$1.00	
Pasta Salad - \$1.00	
Garden Salad - 75¢	
Jell-O - 50¢	
Specialty Salad - \$3.15	
Pasta Salad - \$1.00	
Fresh Fruit 55¢	
Veggies & Dip - 75¢	
Canned Fruit - 50¢	

Grill Specials	
(includes fries & a drink)	
Chicken Patty - \$1.50	
Cheeseburger - \$1.50	
Hamburger - \$1.30	
Grilled Cheese - \$1.15	

Lunch at the Grill	
Veggie Burger - \$2.00	
Quarter pounder - \$1.60	
Quarter Pounder with Cheese- \$1.80	
Cheeseburger - \$1.50	
Hamburger - \$1.30	
Chickenburger - \$1.50	
Grilled Cheese - \$1.15	
Fries - \$1.00	

Miscellaneous Items	
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Nachos with Cheese - \$1.30	Rice Krispie Squares 65¢
Frito Lays Products - 65¢	Lemon Squares - 65¢
Jumbo Chocolate Chip Cookie - 60¢	Toll House Cookie Bar - 65¢
Cake Square - 65¢	Gourmet Cookie - 60¢
Jumbo Hot Pretzel - 80¢	Peanut Butter Cookie - 60¢
Jumbo Hot Pretzel with cheese \$1.10	Sugar Cookie - 60¢
Soft Serve Yogurt - \$1.00	Granola Bar 45¢
Pudding - 50¢	Fruit Snacks - 70¢
Brownie - 65¢	Good Humor Ice Cream - \$1.00/\$1.50
Pickle Spear - 25¢	Nutri-Grain Bar - 60¢
Crackers - 5¢	Candy - 70¢
Fruit Crisp - 65¢	

Pizza Bar
Pan Crust Pizza - \$2.10
Pizza Boat - \$1.50
School Pizza - \$1.45
Thursdays Only: Bosco Sticks w/sauce - 2/\$1.60
French Fries - \$1.00
Cheese Fries - \$1.25
Baked Jumbo Pretzel - 80¢ w/cheese \$1.10
Nachos with cheese - \$1.30
Burrito - \$1.00
Hot Dog on Bun - \$1.10
Jumbo Hot Dog - \$1.70
Homemade Soups w/crackers Small - 85¢ Large - \$1.20
Chicken Quesadilla - \$1.50
Cheese Quesadilla - \$1.50

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Salad Bar

25¢ per ounce

- Lettuce
- Tomato
- Cucumber
- Broccoli
- Soy Nuts
- Sunflower Seeds

- Onion
- Cheddar Cheese
- Carrots
- Diced Eggs
- Celery
- Croutons

With your choice of Ranch or Italian Dressing Variety of Individual Dressing Available - 50¢

Taco Bar

Taco Salad made to order - 25¢ per ounce

- Taco seasoned meat
- Nacho chips
- Shredded lettuce
- Diced tomato
- Shredded Cheese

- Taco sauce
- Sour cream
- Black olives
- Jalapeno peppers