

# APRIL 2017

## Des Plaines School District 62 Jr. High Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Italian Meatball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Fruit Punch	<b>4</b> Orange Chicken Over Whole Grain Rice Cucumber Slices Tiny Tomatoes Bartlett Pears	<b>5</b> Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries	<b>6</b> Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple	<b>7</b> French Toast Sticks Cucumber Slices Tiny Tomatoes Strawberries  Lucky Tray Day
<b>10</b> Buffalo Chicken Wrap Fresh Baby Carrots Romaine Salad w/Ranch Dressing Fresh Orange	<b>11</b> Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Carrot Coins Apple Cherry Juice  Lucky Tray Day	<b>12</b> BBQ *Rib Sandwich Veggie Baked Beans Oven Baked Fries Icy Blueberries	<b>13</b> Soft Tacos w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Cling Peaches	<b>14</b>      Non Attendance Day No Classes
<b>17</b> Earth Day B-Day Week Baked Chicken Nuggets Whipped Potatoes Seasoned Green Beans California Raisins  Wear the colors of the Earth (blue or green) & get a special treat!	<b>18</b> Earth Day B-Day Week Pasta & Meatballs Garlic Bread Romaine Salad w/Ranch Dressing Fresh Baby Carrots Crisp Apple  Earth Day Trivia	<b>19</b> Earth Day B-Day Week Chicken Fingers & Jumbo Waffle Oven Roasted Sweet Potatoes Cucumber Slices Dried Cranberries Earth Day Birthday Dirt Cup	<b>20</b> Earth Day B-Day Week Nacho Supreme w/Taco Meat & Cheddar Cheese Southwest Black Beans Zesty Red Salsa Bartlett Pears  Earth Day Trivia	<b>21</b> Earth Day B-Day Week Chicken Parmesan w/Whole Grain Pasta Kale Salad w/Dijon Vinaigrette Sweet Pea Salad Fresh Orange Earth Day Birthday Dirt Brownie Bar
<b>24</b> Baked Chicken Nuggets Carrot Coins Romaine Salad w/Ranch Dressing Crisp Apple  Lucky Tray Day	<b>25</b> BBQ *Rib Sandwich Veggie Baked Beans Whole Kernel Corn Fruit Punch	<b>26</b> Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Fresh Broccoli Buds Sour Cherries	<b>27</b> Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Pineapple Tidbits	<b>28</b> Buffalo Chicken Wrap Homemade Coleslaw Baby Carrots Cling Peaches
				Lunch \$2.65 (Milk included with meal)  Milk 60¢ Offered Daily: Fat Free Chocolate Fat Free White

**Farm Fresh Produce**  
 featuring... **Zucchini**  
 The largest zucchini weighed 65lb and  
 was 7'10.3" - about the length of a  
 Mako Shark!

**Available Daily**  
 Burgers  
 Chicken Sandwiches  
 Variety Salads  
 Deli Style Wraps &  
 Sandwiches  
 Fruit & Veggie Bar

**Did you Know?**  
 That Earth Day is now  
 observed in 175  
 countries & is the  
 largest secular modern  
 day holiday in the  
 world?

**Questions**  
 Call Chris Roberts  
 Food Service Director  
 847-789-5630  
 Menu changes may be necessary. Notice will be given when possible.  
 A comprehensive Nutrition & Allergy Guide  
 is available in the Food Service Office.  
 For more information  
 or to "Ask the Dietitian",  
 check out our website!

(\*) Contains Pork