

MARCH 2017



Des Plaines School District 62 Central & Terrace Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch \$2.65 (Milk included with meal)</p> <p>Milk 60¢ <i>Offered Daily</i> Fat Free Chocolate Fat Free White</p>		<p>1 Double Stuff Pizza Fresh Broccoli Buds Chili Lime Sweet Corn Icy Blueberries</p>	<p>2 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>3 Cheese Pizza Wedges Homemade Coleslaw Fresh Baby Carrots Cling Peaches</p> <p>VEGGIE TASTE TEST</p>
<p>6 Pasta & Meatballs Garlic Bread Whole Kernel Corn Fresh Broccoli Buds Crisp Apple</p>	<p>7 Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Bartlett Pears</p>	<p>8 Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries</p> <p>VEGGIE TASTE TEST</p>	<p>9 French Toast Sticks w/Maple Syrup Sweet Potatoes Cucumber Slices Strawberries</p>	<p>10 Max Cheese Sticks Marinara Dipping Sauce Southwest Black Beans Fresh Orange</p>
<p>13 Chicken Sandwich Romaine Salad w/Ranch Dressing Tiny Tomatoes Sour Cherries</p> <p>VEGGIE TASTE TEST</p>	<p>14 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce</p>	<p>15 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches</p>	<p>16 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>17 ST. PATRICK'S DAY Double Stuff Pizza Fresh Broccoli Buds Baby Carrots California Raisins Pot of Goldfish Crackers</p>
20	21	22	23	24
<h3>Have a Great Spring Break!</h3>				
<p>27 Baked Chicken Nuggets Southwest Black Beans Spring Peas Apple Cherry Juice</p>	<p>28 Pasta & Meatballs Garlic Bread Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Crisp Apple</p>	<p>29 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears</p>	<p>30 French Toast Sticks w/Maple Syrup Oven Roasted Sweet Potatoes Cucumber Slices Strawberries</p>	<p>31 Creamy Mac & Cheese Dinner Roll Sweet Peas Dark Green Salad Fresh Orange</p>

Farm Fresh Produce
featuring... **Beets**
Beets have a sweet flavor. They taste like a mixture of carrots and tomatoes!

March is National Nutrition Month!
A variety of fresh fruits & veggies are available daily.
Encourage your child to try something new!

Celebrate St. Patrick's Day March 17th.
All Lunches Come With Lucky Pot of Goldfish Crackers.

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