

MARCH 2017

Des Plaines School District 62 Iroquois Lunch Menu



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

Available Daily
Chicken Sandwich
Deli Sandwiches
Cheese Sandwich
Tuna & Egg Salad
Sandwiches
Garden Salads
Fresh Baby Carrots

Celebrate National Nutrition Month with us! Pick up your Veggie Super Hero coloring page on Friday the 3rd and return for a treat anytime the next week!

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!

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid blue; padding: 5px;"> <p>Lunch \$2.65 (Milk included with meal)</p> <p>Milk 60¢ Offered Daily Fat Free Chocolate Fat Free White</p> </div>		<p>1</p> <p>Double Stuff Pizza Fresh Broccoli Buds Petite Banana</p>	<p>2</p> <p>Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Bean Dip Apple Cherry Juice</p>	<p>3</p> <p>Cheeseburger Fresh Cucumber Slices Bartlett Pears</p> <p>VEGGIE SUPER HERO DAY</p>
<p>6</p> <p>Hot Dog Dill Pickle Chips Fruit Juice Punch</p>	<p>7</p> <p>Baked Chicken Nuggets Chili Lime Sweet Corn Petite Banana</p> <p>LUCKY LUNCH DAY</p>	<p>8</p> <p>Mini Corn Dogs Cucumber Slices Dried Cranberries</p>	<p>9</p> <p>Cheeseburger Romaine Salad w/Ranch Dressing Pineapple Tidbits</p>	<p>10</p> <p>Max Cheese Sticks Southwest Black Beans Fresh Orange</p> <p>WELCOME SPRING SPECIAL TREAT!</p>
13	14	15	16	17
Interession				
20	21	22	23	24
Have a Great Spring Break!				
27	28	29	30	31
Interession				

(*) Contains Pork