

MARCH 2017



Des Plaines School District 62 Jr. High Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch \$2.65 (Milk included with meal)</p> <p>Milk 60¢ Offered Daily: Fat Free Chocolate Fat Free White</p>		<p>1</p> <p>Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Fresh Broccoli Buds Sour Cherries</p>	<p>2</p> <p>Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Pineapple Tidbits</p>	<p>3</p> <p>Buffalo Chicken Wrap Homemade Coleslaw Baby Carrots Cling Peaches</p>
<p>6</p> <p>Italian Meatball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Fruit Punch</p>	<p>7</p> <p>Orange Chicken Over Whole Grain Rice Cucumber Slices Tiny Tomatoes Bartlett Pears</p>	<p>8</p> <p>Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries</p> <p>LUCKY TRAY DAY</p>	<p>9</p> <p>Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple</p>	<p>10</p> <p>French Toast Sticks Cucumber Slices Tiny Tomatoes Strawberries</p>
<p>13</p> <p>Buffalo Chicken Wrap Fresh Baby Carrots Romaine Salad w/Ranch Dressing Fresh Orange</p>	<p>14</p> <p>Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Carrot Coins Apple Cherry Juice</p>	<p>15</p> <p>BBQ *Rib Sandwich Veggie Baked Beans Oven Baked Fries Icy Blueberries</p>	<p>16</p> <p>Soft Tacos w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Cling Peaches</p>	<p>17 ST. PATRICK'S DAY</p> <p>Creamy Mac & Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple Pot of Goldfish Crackers</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>Have a Great Spring Break!</p>				
<p>27</p> <p>Baked Chicken Nuggets Whipped Potatoes Seasoned Green Beans California Raisins</p>	<p>28</p> <p>Pasta & Meatballs Garlic Bread Romaine Salad w/Ranch Dressing Fresh Baby Carrots Crisp Apple</p>	<p>29</p> <p>Chicken Fingers & Jumbo Waffle Oven Roasted Sweet Potatoes Cucumber Slices Dried Cranberries</p>	<p>30</p> <p>Nacho Supreme w/Taco Meat & Cheddar Cheese Southwest Black Beans Zesty Red Salsa Bartlett Pears</p>	<p>31</p> <p>Chicken Parmesan w/Whole Grain Pasta Kale Salad w/Dijon Vinaigrette Sweet Pea Salad Fresh Orange</p>

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

Available Daily

- Burgers
- Chicken Sandwiches
- Variety Salads
- Deli Style Wraps & Sandwiches
- Fruit & Veggie Bar

March is National Nutrition Month!
Watch for Vitamin Identifiers!
Learning about your food can help you to eat a balanced diet!

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