

# MAY 2017

## Des Plaines School District 62 Central & Terrace Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
1	Pasta & Meatballs Garlic Bread Whole Kernel Corn Fresh Broccoli Buds Crisp Apple	2 Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Bartlett Pears	3 Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries  <b>LUCKY TRAY DAY</b>	4 Cheeseburger Sweet Potatoes Cucumber Slices Strawberries	5 Cheese Quesadilla Pizza Zesty Red Salsa Southwest Black Beans Fresh Orange  <b>CINCO DE MAYO</b>
8	Chicken Sandwich Romaine Salad w/Ranch Dressing Tiny Tomatoes Sour Cherries	9 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce  <b>LUCKY TRAY DAY</b>	10 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches	11 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	12 Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins
15	Baked Chicken Nuggets Southwest Black Beans Spring Peas Apple Cherry Juice	16 Pasta & Meatballs Garlic Bread Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Crisp Apple	17 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears	18 French Toast Sticks w/Maple Syrup Oven Roasted Sweet Potatoes Cucumber Slices Strawberries	19 Creamy Mac & Cheese Dinner Roll Sweet Peas Dark Green Salad Fresh Orange  <b>LUCKY TRAY DAY</b>
22	Chicken Sandwich Fresh Baby Carrots Romaine Salad w/Ranch Dressing Fresh Apple	23 Hot Dog Veggie Baked Beans Oven Baked Fries Fruit Punch  <b>LUCKY TRAY DAY</b>	24 Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Icy Blueberries	25 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	26 Cheeseburger Homemade Coleslaw Fresh Baby Carrots Cling Peaches
39	<b>MEMORIAL DAY NO CLASSES</b>	30 Baked Chicken Nuggets Veggie Baked Beans Tiny Tomatoes Bartlett Pears	31 Max Cheese Sticks Marinara Dipping Sauce Baked Potato Rounds Dried Cranberries		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Lunch \$2.65 <small>(Milk included with meal)</small></p> <p>Milk 60- <small>Offered Daily: Fat Free Chocolate Fat Free White</small></p> </div>

**Farm Fresh Produce**  
featuring... **Soybeans**  
The protein in Soybeans have all the essential amino acids your body needs, just like animal protein.

A variety of Fresh, Frozen & Canned Fruits & Veggies are available daily on our Fruit & Veggie Bar. Encourage your student to try something new!

**Celebrate the CINCO DE MAYO**

With a New Item  
**Cheese Quesadilla Pizza!**

**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