

MAY 2017

Des Plaines School District 62 Jr. High Lunch Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Meatball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Fruit Punch	2 Orange Chicken Over Whole Grain Rice Cucumber Slices Tiny Tomatoes Bartlett Pears	3 Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries LUCKY TRAY DAY	4 Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple	5 Cheese Quesadilla Pizza Zesty Red Salsa Cucumber Slices Strawberries CINCO DE MAYO
8 Buffalo Chicken Wrap Fresh Baby Carrots Romaine Salad w/Ranch Dressing Fresh Orange	9 Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Carrot Coins Apple Cherry Juice LUCKY TRAY DAY	10 BBQ *Rib Sandwich Veggie Baked Beans Oven Baked Fries Icy Blueberries	11 Soft Tacos w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Cling Peaches	12 Creamy Mac & Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple
15 Baked Chicken Nuggets Whipped Potatoes Seasoned Green Beans California Raisins LUCKY TRAY DAY	16 Pasta & Meatballs Garlic Bread Romaine Salad w/Ranch Dressing Fresh Baby Carrots Crisp Apple	17 Chicken Fingers & Jumbo Waffle Oven Roasted Sweet Potatoes Cucumber Slices Dried Cranberries	18 Nacho Supreme w/Taco Meat & Cheddar Cheese Southwest Black Beans Zesty Red Salsa Bartlett Pears	19 Chicken Parmesan w/Whole Grain Pasta Kale Salad w/Dijon Vinaigrette Sweet Pea Salad Fresh Orange
22 Baked Chicken Nuggets Carrot Coins Romaine Salad w/Ranch Dressing Crisp Apple	23 BBQ *Rib Sandwich Veggie Baked Beans Whole Kernel Corn Fruit Punch	24 Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Fresh Broccoli Buds Sour Cherries LUCKY TRAY DAY	25 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Pineapple Tidbits	26 Buffalo Chicken Wrap Homemade Coleslaw Baby Carrots Cling Peaches
29 MEMORIAL DAY NO CLASSES	30 Baked Chicken Nuggets Cucumber Slices Tiny Tomatoes Bartlett Pears	31 Max Cheese Sticks Marinara Dipping Sauce Baked Potato Rounds Dried Cranberries	<div style="border: 2px solid blue; 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>	

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

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