

APRIL 2018

Des Plaines School District 62 Central & Terrace Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	
2	No School	Hot Dog Veggie Baked Beans Oven Baked Fries Cling Peaches	Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Sweet Strawberries	Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Sweet Applesauce	Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins Lucky Tray Day	
9	Pasta & Meatballs Garlic Bread Broccoli Buds Golden Corn Crisp Apple	Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Bartlett Pears	Hot Dog Veggie Baked Beans Oven Baked Fries Dried Cranberries Lucky Tray Day	Cheeseburger Sweet Potatoes Cucumber Slices Strawberries	13 Max Cheese Sticks Marinara Dipping Sauce Southwest Black Beans Fresh Orange	
16	Earth Day B-Day Week Chicken Sandwich Romaine Salad w/Ranch Tiny Tomatoes Sour Cherries	Earth Day B-Day Week Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce Earth Day Birthday Dirt Cup	Earth Day B-Day Week Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches	Earth Day B-Day Week Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa	Earth Day B-Day Week Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins Earth Day Birthday Dirt Bar	
23	Baked Chicken Nuggets Southwest Black Beans Spring Peas Dried Cranberries	Pasta & Meatballs Garlic Bread Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Crisp Apple	25 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears	26 Nacho Supreme w/Taco Meat & Cheddar Cheese Zesty Red Salsa Cucumber Slices Strawberries	27 Creamy Mac & Cheese Dinner Roll Sweet Peas Romaine Salad w/Ranch Fresh Orange Lucky Tray Day	
30	Chicken Sandwich Fresh Baby Carrots Romaine Salad w/Ranch Cling Peaches	<p>Looking for a Great Part-time Job while your kids are at school? We are seeking energetic workers for our Food Service Program. Please contact: Chris at (847) 789-5630</p>				<p>Lunch \$2.75 (Milk included with meal)</p> <p>Milk 60¢</p> <p><u>Offered Daily:</u> Fat Free Chocolate Fat Free White</p>



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

Did you Know?
That Earth Day is now observed in 175 countries & is the largest secular modern day holiday in the world?

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