

April 2018

Des Plaines School District 62 Jr. High Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 2 No School | 3 BBQ *Rib Sandwich Veggie Baked Beans Golden Corn Strawberries | 4 Salisbury Steak Whipped Potatoes & Gravy Whole Grain Dinner Roll Fresh Broccoli Buds Fresh Orange | 5 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Cling Peaches | 6 Buffalo Chicken Wrap Zucchini Dippers Fresh Baby Carrots Bartlett Pears Lucky Tray Day |
| 9 Italian Meat Ball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Sweet Applesauce | 10 Orange Chicken Over Whole Grain Rice Cucumber Slices Tiny Tomatoes Bartlett Pears | 11 Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries Lucky Tray Day | 12 Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple | 13 French Toast Sticks Cucumber Slices Tiny Tomatoes Strawberries |
| 16 Earth Day B-Day Week Buffalo Chicken Wrap Fresh Baby Carrots Romaine Salad w/Ranch Fresh Orange | 17 Earth Day B-Day Week Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Carrot Coins Apple Cherry Juice Earth Day Birthday Dirt Cup | 18 Earth Day B-Day Week BBQ *Rib Sandwich Veggie Baked Beans Oven Baked Fries Icy Blueberries | 19 Earth Day B-Day Week Soft Tacos w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Cling Peaches | 20 Earth Day B-Day Week Creamy Mac & Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple Earth Day Birthday Dirt Bar |
| 23 Spicy Chicken Strips Whole Grain Brown Rice Sautéed Zucchini California Raisins | 24 Pasta & Meatballs Garlic Bread Romaine Salad w/Ranch Fresh Baby Carrots Crisp Apple | 25 Chicken Fingers & Jumbo Waffle Oven Roasted Sweet Potatoes Cucumber Slices Dried Cranberries | 26 Chicken Fajitas Southwest Black Beans Zesty Red Salsa Cling Peaches | 27 Max Cheese Sticks Marinara Dipping Sauce Romaine Salad w/Ranch Fruit Punch Lucky Tray Day |
| 30 Chicken Nuggets Fresh Baby Carrots Romaine Salad w/Ranch Crisp Apple | 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 | | | |

(*) Contains Pork



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

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!

This institution is an equal opportunity employer.