

# August 2017

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p><b>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</b></p>				
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
<p><b>Chicken Sandwich</b> Romaine Salad w/Ranch Tiny Tomatoes Apple Juice</p>	<p><b>Hot Dog</b> Dill Pickle Chips Oven Baked Fries Cling Peaches</p>	<p><b>Baked Chicken Nuggets</b> Veggie Baked Beans Whole Kernel Corn Sweet Applesauce</p> <p><b>Frozen Fruit Juice Bar</b></p>	<p><b>Nacho Supreme</b> w/Taco Meat &amp; Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p><b>Cheese Pizza</b> Fresh Broccoli Buds Baby Carrots Petite Banana</p>
28	29	30	31	
<p><b>Baked Chicken Nuggets</b> Southwest Black Beans Spring Peas Apple Cherry Juice</p>	<p><b>Pasta &amp; Meatballs</b> Garlic Bread Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Crisp Apple</p>	<p><b>Chicken Fingers</b> &amp; Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears</p>	<p><b>French Toast Sticks</b> w/Maple Syrup Oven Roasted Sweet Potatoes Cucumber Slices Icy Blueberries</p>	<p><b>Lunch \$2.75</b> (Milk included with meal)</p> <p><b>Milk 60¢</b></p> <p><i>Offered Daily:</i> Fat Free Chocolate Fat Free White</p>

**Farm Fresh Produce**  
featuring... **Tomatoes**  
Did you know most tomatoes are red,  
but they come in almost  
**every color of the rainbow?**

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

**Welcome Back!**  
Join us for a  
**Frozen Treat**  
**August 23rd**

**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