AUGUST 2017

Des Plaines School District 62

Iroquois Lunch Menu

arbor Management Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chicken Nuggets Southwest Black Beans Petite Banana	2 Hot Dog Spring Peas Fresh Apple	3 French Toast Sticks Tiny Tomatoes Petite Banana	4 Max Cheese Sticks Broccoli Buds Fruit Punch
7 Chicken Fingers Jumbo Waffle Spring Peas Sweet Applesauce	8 Hot Dog Dill Pickle Chips Fruit Punch	9 Baked Chicken Nuggets Fresh Broccoli Buds Petite Banana	10 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Bean Dip Apple Cherry Juice	11 Cheeseburger Fresh Cucumber Slices Bartlett Pears
14 Hot Dog Dill Pickle Chips Fruit Juice Punch	15 Baked Chicken Nuggets Chili Lime Sweet Corn Petite Banana	16 Mini Corn Dogs Cucumber Slices Fresh Apple	17 Cheeseburger Romaine Salad with Ranch Dressing Apple Juice	18 Institute Day No Classes
21 Buffalo Chicken Sandwich Spring Peas Apple Juice	22 Hot Dog Dill Pickle Chips Cling Peaches	23 Baked Chicken Nuggets Fresh Broccoli Buds Sweet Applesauce Frozen Fruit Juice Bar	24 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Bean Dip Apple Cherry Juice	25 Cheese Pizza Foldover Tiny Tomatoes Petite Banana
28 Corn Dog Southwest Black Beans Apple Cherry Juice	29 Buffalo Chicken Sandwich Homemade Coleslaw California Raisins	30 Hot Dog Chili Lime Sweet Corn Cling Peaches	31 French Toast Sticks Cucumber Slices Icy Blueberries	Lunch $2.75 (Milk included with meal) Milk 60¢ Offered Daily: Fat Free Chocolate Fat Free White

Farm Fresh Produce featuring... Tomatoes

Did you know most tomatoes are red, but they come in almost every color of the rainbow?

Available Daily

Chicken Sandwich
Deli Sandwiches
Cheese Sandwich
Tuna & Egg Salad
Sandwiches
Garden Salads
Fresh Baby Carrots

Join us for a Frozen Treat on 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.

arbor online

For more information or to "Ask the Dietitian", check out our website!

(*) Contains Pork

This institution is an equal opportunity employer.