

August 2017

Des Plaines School District 62 Jr. High Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<div style="border: 2px solid red; padding: 10px;"> <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> </div>				
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
Italian Meatball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Apple Juice	Orange Chicken Over Whole Grain Rice Cucumber slices Tiny Tomatoes Bartlett Pears	Hot Dog Veggie Baked Beans Baked Potato Rounds Sweet Applesauce Frozen Fruit Juice Bar	Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple	French Toast Sticks Cucumber Slices Tiny Tomatoes Cling Peaches
28	29	30	31	
Baked Chicken Nuggets Whipped Potatoes Seasoned Green Beans Apple Cherry Juice	Pasta & Meatballs Garlic Bread Romaine Salad w/Ranch Fresh Baby Carrots Crisp Apple	Chicken Fingers & Jumbo Waffle Oven Roasted Sweet Potatoes Cucumber Slices Dried Cranberries	Nacho Supreme w/Taco Meat & Cheddar Cheese Southwest Black Beans Zesty Red Salsa Bartlett Pears	<div style="border: 2px solid blue; padding: 5px;"> <p>Lunch \$2.75 (Milk included with meal)</p> <p>Milk 60¢</p> <p>Offered Daily: Fat Free Chocolate Fat Free White</p> </div>

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

Available Daily

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

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