

February 2018

Des Plaines School District 62 Central & Terrace Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>EARN EXTRA \$\$\$ GREAT PART TIME JOBS AVAILABLE IN THE SCHOOL CAFETERIAS. FOR MORE INFORMATION CALL CHRIS: 847-789-5630</p>			<p>1 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears</p>	<p>2 Creamy Mac & Cheese Dinner Roll Sweet Peas Romaine Salad w/Ranch Fresh Orange</p>
<p>5 Chicken Sandwich Romaine Salad w/Ranch Tiny Tomatoes Sour Cherries</p>	<p>6 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce</p>	<p>7 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches</p>	<p>8 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>9 Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins Lucky Tray Day</p>
<p>12 Pasta & Meatballs Garlic Bread Broccoli Buds Golden Corn Crisp Apple</p>	<p>13 Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Bartlett Pears</p>	<p>14 VALENTINES DAY Hot Dog Veggie Baked Beans Oven Baked Fries Dried Cranberries Love Bite Sugar Cookie Strawberry Milk</p>	<p>15 Cheeseburger Sweet Potato Puffs Cucumber Slices Strawberries</p>	<p>16 Max Cheese Sticks Marinara Dipping Sauce Southwest Black Beans Fresh Orange</p>
<p>19 Presidents Day No Classes</p>	<p>20 Institute Day No Classes</p>	<p>21 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches</p>	<p>22 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>23 Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins Lucky Tray Day</p>
<p>26 Baked Chicken Nuggets Southwest Black Beans Spring Peas Dried Cranberries</p>	<p>27 Pasta & Meatballs Garlic Bread Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Crisp Apple</p>	<p>28 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears</p>	<p>Lunch \$2.75 (Milk included with meal) Milk 60¢ Offered Daily: 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!

Celebrate Valentines Day With Strawberry Milk & Love Bite Sugar Cookies!

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