

February 2018

Des Plaines School District 62 Jr. High Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>EARN EXTRA \$\$\$ GREAT PART TIME JOBS AVAILABLE IN THE SCHOOL CAFETERIAS. FOR MORE INFORMATION CALL CHRIS: 847-789-5630</p> | | | <p>1 French Toast Sticks Oven Roasted Sweet Potatoes Broccoli Buds Icy Blueberries</p> | <p>2 Max Cheese Sticks Marinara Dipping Sauce Romaine Salad w/Ranch Fruit Punch</p> |
| <p>5 Baked Chicken Nuggets Carrot Coins Romaine Salad w/Ranch Crisp Apple</p> | <p>6 BBQ *Rib Sandwich Veggie Baked Beans Golden Corn Fruit Punch Lucky Tray Day</p> | <p>7 Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Broccoli Buds Fresh Orange</p> | <p>8 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Cling Peaches</p> | <p>9 Buffalo Chicken Wrap Homemade Coleslaw Fresh Baby Carrots Crisp Apple</p> |
| <p>12 Italian Meatball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Fruit Punch</p> | <p>13 Orange Chicken Over Whole Grain Rice Cucumber Slices Tiny Tomatoes Bartlett Pears</p> | <p>14 VALENTINES DAY Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries Love Bite Sugar Cookie Strawberry Milk</p> | <p>15 Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple</p> | <p>16 French Toast Sticks Cucumber Slices Tiny Tomatoes Strawberries Brownie Bite</p> |
| <p>19 Presidents Day No Classes</p> | <p>20 Institute Day No Classes</p> | <p>21 BBQ *Rib Sandwich Veggie Baked Beans Oven Baked Fries Icy Blueberries</p> | <p>22 Soft Tacos w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Cling Peaches</p> | <p>23 Creamy Mac & Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple Lucky Tray Day</p> |
| <p>26 Baked Chicken Nuggets Whipped Potatoes Seasoned Green Beans California Raisins</p> | <p>27 Pasta & Meatballs Garlic Bread Romaine Salad w/Ranch Fresh Baby Carrots Crisp Apple Lucky Tray Day</p> | <p>28 Chicken Fingers & Jumbo Waffle Oven Roasted Sweet Potatoes Cucumber Slices Dried Cranberries</p> | <p>Lunch \$2.75 (Milk included with meal)</p> <p>Milk 60¢</p> <p>Offered Daily: Fat Free Chocolate Fat Free White</p> | |



Farm Fresh Produce
featuring... **Cherry**
Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries and chocolate milk for the ultimate post-workout recovery drink!

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

**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