

January

2018

Des Plaines School District 62 Central & Terrace Lunch Menu

arbor Management Inc.



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>EARN EXTRA \$\$\$.....GREAT PART TIME JOBS NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630</p>		<p>Winter Break</p>		
8 Baked Chicken Nuggets Dill Pickle Chips Chili Lime Sweet Corn Mixed Fruit	9 Hot Dog Veggie Baked Beans Oven Baked Fries Sweet Applesauce	10 Chicken Sandwich Fresh Baby Carrots Romaine Salad w/Ranch Dressing Fresh Apple <i>Lucky Tray Day</i>	11 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	12 Cheeseburger Homemade Coleslaw Fresh Baby Carrots Bartlett Pears
15 No School Martin Luther King Day	16 Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Diced Apricots	17 Hot Dog Veggie Baked Beans Oven Baked Fries Dried Cranberries <i>Lucky Tray Day</i>	18 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	19 <i>Pop in for a treat!!</i> Max Cheese Sticks Marinara Dipping Sauce Chick Peas California Raisins <i>Popcorn</i>
22 Chicken Sandwich Romaine Salad w/Ranch Dressing Tiny Tomatoes Mixed Fruit <i>Lucky Tray Day</i>	23 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce	24 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches	25 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	26 Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins
29 Chicken Sandwich Fresh Baby Carrots Romaine Salad w/Ranch Dressing Sweet Applesauce	30 French Toast Sticks Cinnamon Roasted Garbanzo Beans Tiny Tomatoes Fruit Punch <i>Lucky Tray Day</i>	31 Hot Dog Sweet Corn Pickle Chips Cling Peaches	<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... **Blueberries**
Did you know freezing blueberries and other produce helps to keep the nutrients inside?

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

Pop in for a Treat on National Popcorn Day January 19th.

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