

January 2018

Des Plaines School District 62 Jr. High Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
11	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 Carrot Coins Romaine Salad w/Ranch Dressing Crisp Apple	9 BBQ *Rib Sandwich Veggie Baked Beans Whole Kernel Corn Fruit Punch	10 Lucky Tray Day! Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Fresh Broccoli Buds Sour Cherries	11 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans	12 Buffalo Chicken Wrap Homemade Coleslaw Baby Carrots Cling Peaches
15 No School Martin Luther King Day	16 Orange Chicken Over Whole Grain Rice Cucumber slices Tiny Tomatoes Bartlett Pears	17 Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries Blueberry Gelatin	18 Chicken Fajitas Southwest Black Beans Zesty Red Salsa Fresh Apple	19 Pop in for a treat!! French Toast Sticks Kale Salad Tiny Tomatoes Fresh Orange Popcorn
22 Buffalo Chicken Wrap Homemade Coleslaw Baby Carrots Cling Peaches	23 Lucky Tray Day! Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Fresh Broccoli Buds Sour Cherries	24 BBQ *Rib Sandwich Veggie Baked Beans Whole Kernel Corn Fruit Punch	25 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Pineapple Tidbits	26 Creamy Mac & Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple
29 Baked Chicken Nuggets Whipped Potatoes Dinner Roll Green Beans Apple Cherry Juice	30 Pasta & Meatballs Garlic Bread Kale Salad Fresh Baby Carrots Fresh Orange	31 Chicken Fingers & Jumbo Waffle Veggie Baked Beans Chili Lime Sweet Corn 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?

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

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