

March

2018

Des Plaines School District 62 Central & Terrace Lunch Menu

arbor Management Inc.



Farm *Fresh* Produce

featuring... **Beets**
Beets have a sweet flavor. They taste like a mixture of carrots and tomatoes!

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

Celebrate National Nutrition Month
with our
New Taste Wednesday!
all through March!

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!

Monday

Tuesday

Wednesday

Thursday

Friday

**EARN EXTRA \$\$\$
GREAT PART TIME JOBS AVAILABLE
IN THE SCHOOL CAFETERIAS.
FOR MORE INFORMATION
CALL CHRIS: 847-789-5630**

5
Pasta & Meatballs
Garlic Bread
Broccoli Buds
Golden Corn
Crisp Apple

6
Baked Chicken Nuggets
Kale Salad
w/Dijon Vinaigrette
Tiny Tomatoes
Bartlett Pears

7
Hot Dog
Veggie Baked Beans
Gingered Purple Cabbage
Dried Cranberries

New Taste Wednesday!

8
Cheeseburger
Sweet Potatoes
Cucumber Slices
Strawberries

9
Max Cheese Sticks
Marinara Dipping Sauce
Southwest Black Beans
Fresh Orange

12
Chicken Sandwich
Romaine Salad
w/Ranch
Tiny Tomatoes
Sour Cherries

13
Hot Dog
Dill Pickle Chips
Oven Baked Fries
Sweet Applesauce
Lucky Tray Day

14
Baked Chicken Nuggets
Black & White Bean Salsa
Whole Kernel Corn
Cling Peaches

New Taste Wednesday!

15
Nacho Supreme
w/Taco Meat
& Cheddar Cheese
Fiesta Refried Beans
Zesty Red Salsa
Apple Cherry Juice

16
Happy St. Patrick's Day!
Cheese Pizza Wedges
Fresh Broccoli Buds
Baby Carrots
California Raisins
Pot of Goldfish

19
Baked Chicken Nuggets
Southwest Black Beans
Spring Peas
Dried Cranberries

20
Pasta & Meatballs
Garlic Bread
Kale Salad
w/Dijon Vinaigrette
Tiny Tomatoes
Crisp Apple

21
Chicken Fingers
& Jumbo Waffle
Cool Mandarin Beets
Veggie Baked Beans
Bartlett Pears

New Taste Wednesday!

22
Nacho Supreme
w/Taco Meat
& Cheddar Cheese
Zesty Red Salsa
Cucumber Slices
Strawberries

23
Creamy Mac & Cheese
Dinner Roll
Sweet Peas
Romaine Salad
w/Ranch
Fresh Orange
Lucky Tray Day

26

27

28

29

30

Have A Great Spring Break!

Lunch \$2.75
(Milk included with meal)

Milk 60¢

Offered Daily:
Fat Free Chocolate
Fat Free White

(*) Contains Pork