

# March 2018

## Des Plaines School District 62 Jr. High Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>EARN EXTRA \$\$\$ GREAT PART TIME JOBS AVAILABLE IN THE SCHOOL CAFETERIAS. FOR MORE INFORMATION CALL CHRIS: 847-789-5630</b></p>			1 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Cling Peaches	2 Buffalo Chicken Wrap Homemade Coleslaw Fresh Baby Carrots Crisp Apple <b>Lucky Tray Day</b>
5 Italian Meat Ball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Fruit Punch	6 Orange Chicken Over Whole Grain Rice Cucumber Slices Tiny Tomatoes Bartlett Pears	7 Hot Dog Veggie Baked Beans <b>Gingered Purple Cabbage</b> Dried Cranberries  <b><u>New Taste Wednesday!</u></b>	8 Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple	9 French Toast Sticks Cucumber Slices Tiny Tomatoes Strawberries
12 Buffalo Chicken Wrap Fresh Baby Carrots Romaine Salad w/Ranch Fresh Orange	13 Salisbury Steak & Gravy Whipped Potatoes Dinner Roll Carrot Coins Apple Cherry Juice <b>Lucky Tray Day</b>	14 BBQ *Rib Sandwich Veggie Baked Beans <b>Black &amp; White Bean Salsa</b> Icy Blueberries  <b><u>New Taste Wednesday!</u></b>	15 Soft Tacos w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Cling Peaches	16 <b>Happy St. Patrick's Day!</b> Creamy Mac & Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple <b>Pot of Goldfish</b>
19 Spicy Chicken Strips Whole Grain Brown Rice Seasoned Green Beans California Raisins	20 Pasta & Meatballs Garlic Bread Romaine Salad w/Ranch Fresh Baby Carrots Crisp Apple	21 Chicken Fingers & Jumbo Waffle Oven Roasted Sweet Potatoes <b>Cool Mandarin Beets</b> Dried Cranberries <b><u>New Taste Wednesday!</u></b>	22 Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple	23 Max Cheese Sticks Marinara Dipping Sauce Romaine Salad w/Ranch Fruit Punch <b>Lucky Tray Day</b>
26	27	28	29	30 <div style="border: 2px solid blue; padding: 5px; width: fit-content; margin: auto;"> <p><b>Lunch \$2.75</b> (Milk included with meal)</p> <p><b>Milk 60¢</b></p> <p><i>Offered Daily:</i> Fat Free Chocolate Fat Free White</p> </div>
<h3>Have A Great Spring Break!</h3>				

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

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

**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!

(\*) Contains Pork