

May 2018

Des Plaines School District 62 Central & Terrace Lunch Menu

arbor Management Inc.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Dog Veggie Baked Beans Oven Baked Fries Mixed Fruit	2 Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Icy Blueberries	3 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	4 Cheese Quesadilla Pizza! Fresh Broccoli Buds Baby Carrots California Raisins Lucky Tray Day
7 Pasta & Meatballs Garlic Bread Broccoli Buds Golden Corn Crisp Apple	8 Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Bartlett Pears	9 Hot Dog Veggie Baked Beans Oven Baked Fries Dried Cranberries Lucky Tray Day	10 Cheeseburger Sweet Potatoes Cucumber Slices Strawberries	11 Max Cheese Sticks Marinara Dipping Sauce Southwest Black Beans Fresh Orange
14 Chicken Sandwich Romaine Salad w/Ranch Tiny Tomatoes Sour Cherries	15 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce Lucky Tray Day	16 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches	17 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	18 Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins
21 Baked Chicken Nuggets Southwest Black Beans Spring Peas Dried Cranberries	22 Pasta & Meatballs Garlic Bread Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Crisp Apple	23 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears	24 Nacho Supreme w/Taco Meat & Cheddar Cheese Zesty Red Salsa Cucumber Slices Strawberries	25 Creamy Mac & Cheese Dinner Roll Sweet Peas Romaine Salad w/Ranch Fresh Orange Lucky Tray Day
28 Memorial Day No Classes	29 Hot Dog Veggie Baked Beans Oven Baked Fries Mixed Fruit	30 Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Icy Blueberries	31 Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins	<div style="border: 2px solid blue; padding: 5px; text-align: center;"> Lunch \$2.75 (Milk included with meal) Milk 60¢ Offered Daily: Fat Free Chocolate Fat Free White </div>



Farm Fresh Produce
featuring... **Soybeans**
The protein in Soybeans have all the essential amino acids your body needs, just like animal protein.

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

With a New Item
Cheese Quesadilla Pizza!

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