



MAY 2018

Des Plaines School District 62 Jr. High Lunch Menu

Arbor A+ Nutrition Mission

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

~Arbor Management~

Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?
Call Chris Roberts
Food Service Director
847-789-5630
arbor@d62.org

	Monday	Tuesday	Wednesday	Thursday	Friday
Includes fruit and vegetable choices, whole grain breads and rolls and milk. Daily Special	7 Italian Meat Ball Sub w/Mozzarella Cheese	1 Nacho Supreme w/Turkey Taco Meat & Cheddar Cheese	2 Chicken Fajitas w/ Peppers and Onions	3 Crispy Baked Chicken Nuggets	4 Chicken or Cheese Quesadillas
	14 Spicy Buffalo Chicken Wrap with Ranch	8 Orange Chicken over Whole Grain Rice	9 Chicago Style Hot Dog	10 Chicken Fajitas w/Peppers and Onions	11 French Toast Sticks w/ Sweet Maple Syrup
	21 Spicy Chicken Strips	15 Salisbury Steak with Rich Gravy Dinner Roll	16 Memphis BBQ *Rib Sandwich	17 Soft Tacos w/Turkey Taco Meat & Cheddar Cheese	18 Homemade Creamy Mac n' Cheese
	28 MEMORIAL DAY No School	22 Pasta & Meatballs Garlic Bread	23 Crispy Chicken Fingers & Jumbo Waffle	24 Chicken Fajitas w/Peppers and Onions	25 Max Cheese Sticks Marinara Dipping Sauce
		29 Memphis BBQ *Rib Sandwich	30 Chicken Fajitas w/Peppers and Onions	31 Crispy Baked Chicken Nuggets	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy or Regular or Buffalo Style Baked Chicken Sandwich
Char Grilled Hamburgers and Cheeseburgers**

Sandwich Selection	Crispy or Regular or Buffalo Style Baked Chicken Sandwich Char Grilled Hamburgers and Cheeseburgers				
	Cheese Pizza ✓	Cheese Pizza ✓	Cheese Pizza ✓	Cheese Pizza ✓	Cheese Pizza ✓
	Pepperoni	Sausage	Pepperoni	Sausage	Pepperoni
Daily Pizza Selections	Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap
Wraps	Crispy Chicken	Crispy Chicken	Crispy Chicken	Crispy Chicken	Crispy Chicken
	Mixed Garden ✓	Mixed Garden ✓	Mixed Garden ✓	Mixed Garden ✓	Mixed Garden ✓
Fresh Salads	Buffalo Chicken	Buffalo Chicken	Buffalo Chicken	Buffalo Chicken	Buffalo Chicken

Lunch
\$2.75
Milk
60¢

Comprehensive nutrition & allergy guides are available in the Foodservice Office.

Spring is in the air!

With spring comes the early beginnings of local, seasonal produce. Look for new spring options on the **FRUIT & VEGGIE BAR!** Go ahead, try it, you might like it!

V=vegetarian option available

*Contains or may contain pork ingredients.

