

November

2017

Des Plaines School District 62 Central & Terrace Lunch Menu

arbor Management Inc.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>EARN EXTRA \$\$\$.....GREAT PART TIME JOBS NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630</p>		<p>1 Celebrate Cookie Monster's Birthday! Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Mixed Fruit Fresh Baked Cookie</p>	<p>2 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>3 Cheese Pizza Wedges Homemade Coleslaw Fresh Baby Carrots Bartlett Pears</p>
<p>6 Pasta & Meatballs Garlic Bread Whole Kernel Corn Fresh Broccoli Buds Crisp Apple</p>	<p>7 Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Diced Apricots</p>	<p>8 Hot Dog Veggie Baked Beans Oven Baked Fries Dried Cranberries Lucky Tray Day</p>	<p>9 Institute Day No Classes</p>	<p>10 Veteran's Day No Classes</p>
<p>13 Chicken Sandwich Romaine Salad w/Ranch Dressing Tiny Tomatoes Mixed Fruit</p>	<p>14 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce</p>	<p>15 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches</p>	<p>16 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>17 Double Stuff Pizza Fresh Broccoli Buds Baby Carrots California Raisins Lucky Tray Day</p>
<p>20 Parent / Teacher Conferences No Classes</p>	<p>21 Parent / Teacher Conferences No Classes</p>	<p>Happy Thanksgiving!</p>		
<p>27 Chicken Sandwich Fresh Baby Carrots Romaine Salad w/Ranch Dressing Sweet Applesauce</p>	<p>28 Hot Dog Veggie Baked Beans Oven Baked Fries Fruit Punch Lucky Tray Day</p>	<p>29 Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Icy Blueberries</p>	<p>30 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>Lunch \$2.75 (Milk included with meal) Milk 60¢ Offered Daily: Fat Free Chocolate Fat Free White</p>

Farm Fresh Produce
featuring... **Sweet Potatoes**
Sweet potatoes are high in vitamin C.
Did you know vitamin C helps our body absorb iron?

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

Celebrate Cookie Monster's Birthday
November 1st
Students who choose a School Lunch on November 1st will receive a Fresh Baked Cookie.

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