

November

2017

Des Plaines School District 62 Iroquois Lunch Menu



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 ! Chicken Nuggets Fresh Broccoli Buds Mixed Fruit Fresh Baked Cookie</p>	<p>2 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Bean Dip Apple Cherry Juice</p>	<p>3 Cheeseburger Fresh Cucumber Slices Bartlett Pears</p>
<p>6 Hot Dog Dill Pickle Chips Fruit Juice Punch</p>	<p>7 Baked Chicken Nuggets Chili Lime Sweet Corn Diced Apricots</p>	<p>8 Mini Corn Dogs Cucumber Slices Dried Cranberries Lucky Bag Day</p>	<p>9 Institute Day No Classes</p>	<p>10 Veteran's Day No Classes</p>
<p>13 Buffalo Chicken Sandwich Spring Peas Mixed Fruit</p>	<p>14 Hot Dog Dill Pickle Chips Cling Peaches Lucky Bag Day</p>	<p>15 Baked Chicken Nuggets Fresh Broccoli Buds Bartlett Pears</p>	<p>16 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Bean Dip Apple Cherry Juice</p>	<p>17 Cheese Pizza Foldover Tiny Tomatoes Diced Apricots</p>
<p>20 Corn Dog Southwest Black Beans Apple Cherry Juice</p>	<p>21 Buffalo Chicken Sandwich Homemade Coleslaw California Raisins</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>Happy Thanksgiving!</p>				
<p>27 Chicken Fingers Jumbo Waffle Spring Peas Sweet Applesauce</p>	<p>28 Hot Dog Dill Pickle Chips Icy Blueberries Lucky Bag Day</p>	<p>29 Baked Chicken Nuggets Fresh Broccoli Buds Mixed Fruit</p>	<p>30 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Bean Dip 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?

Available Daily

- Chicken Sandwich
- Deli Sandwiches
- Cheese Sandwich
- Tuna & Egg Salad Sandwiches
- Garden Salads
- Fresh Baby Carrots

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