

# November

# 2017

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

arbor Management Inc.



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>EARN EXTRA \$\$\$.....GREAT PART TIME JOBS NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630</b></p>		<p><b>1</b> Salisbury Steak &amp; Gravy Whipped Potatoes Dinner Roll Fresh Broccoli Buds Sour Cherries</p>	<p><b>2</b> Nacho Supreme w/Taco Meat &amp; Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Pineapple Tidbits</p>	<p><b>3</b> Buffalo Chicken Wrap Homemade Coleslaw Baby Carrots Cling Peaches</p>
<p><b>6</b> Italian Meatball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Fruit Punch</p>	<p><b>7</b> Orange Chicken Over Whole Grain Rice Cucumber slices Tiny Tomatoes Bartlett Pears</p>	<p><b>8</b> Hot Dog Veggie Baked Beans Baked Potato Rounds Dried Cranberries</p>	<p><b>9</b>      Institute Day No Classes</p>	<p><b>10</b>      Veteran's Day No Classes</p>
<p><b>13</b> Buffalo Chicken Wrap Fresh Baby Carrots Romaine Salad with Ranch Dressing Fresh Orange</p>	<p><b>14</b> Salisbury Steak &amp; Gravy Whipped Potatoes Dinner Roll Carrot Coins Apple Cherry Juice</p>	<p><b>15</b> <b>Celebrate National Sundae Day</b> BBQ *Rib Sandwich Veggie Baked Beans Oven Baked Fries Icy Blueberries <b>Mini Vanilla Sundae</b></p>	<p><b>16</b> Soft Tacos w/Taco Meat &amp; Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Cling Peaches</p>	<p><b>17</b> Creamy Mac &amp; Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple</p>
<p><b>20</b>      Parent / Teacher Conferences No Classes</p>	<p><b>21</b>      Parent / Teacher Conferences No Classes</p>	<p><b>Happy Thanksgiving!</b></p>		
<p><b>27</b> Baked Chicken Nuggets Carrot Coins Romaine Salad with Ranch Dressing Crisp Apple</p>	<p><b>28</b> BBQ *Rib Sandwich Veggie Baked Beans Whole Kernel Corn Fruit Punch</p>	<p><b>29</b> Salisbury Steak &amp; Gravy Whipped Potatoes Dinner Roll Fresh Broccoli Buds Sour Cherries</p>	<p><b>30</b> Nacho Supreme w/Taco Meat &amp; Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Pineapple Tidbits</p>	<p><b>Lunch \$2.75</b> (Milk included with meal)  <b>Milk 60¢</b>  Offered Daily: Fat Free Chocolate Fat Free White</p>

**Available Daily**

- Burgers
- Chicken Sandwiches
- Variety Salads
- Deli Style Wraps & Sandwiches
- Fruit & Veggie Bar
- Pizza Selection

**Celebrate National Sundae Day**  
November 15th  
Students who choose a School Lunch on November 15th will receive a Mini Vanilla Sundae!

**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