

October

2017

Des Plaines School District 62 Central & Terrace Lunch Menu

arbor Management Inc.



Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Sandwich Fresh Baby Carrots Romaine Salad w/Ranch Fresh Apple	3 Hot Dog Veggie Baked Beans Oven Baked Fries Fruit Punch Lucky Tray Day	4 Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Icy Blueberries	5 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	6 Cheeseburger Homemade Coleslaw Fresh Baby Carrots Cling Peaches	
9 Columbus Day No Classes	10 Baked Chicken Nuggets Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Bartlett Pears	11 Hot Dog Veggie Baked Beans Oven Baked Fries Dried Cranberries Lucky Tray Day	12 Cheeseburger Sweet Potato Puffs Cucumber Slices Strawberries	13 Max Cheese Sticks Marinara Dipping Sauce Southwest Black Beans Fresh Orange	
16 Chicken Sandwich Romaine Salad w/Ranch Tiny Tomatoes Sour Cherries	17 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce	18 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches	19 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	20 Cheese Pizza Wedges Fresh Broccoli Buds Baby Carrots California Raisins Lucky Tray Day	
23 Baked Chicken Nuggets Southwest Black Beans Spring Peas Apple Cherry Juice	24 Pasta & Meatballs Garlic Bread Kale Salad with Dijon Vinaigrette Tiny Tomatoes Crisp Apple	25 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears	26 French Toast Sticks Oven Roasted Sweet Potatoes Broccoli Buds Icy Blueberries Candy Corn Counting Contest	27 Vampire Fangs (Max Cheese Sticks) Blood Red Dipping Sauce Ectoplasm Green Apple Juice Creepy Coleslaw	
30 Chicken Sandwich Fresh Baby Carrots Romaine Salad w/Ranch Fresh Apple Candy Corn Counting Contest Winners Announced!	31 School Improvement Half Day 12:00 Dismissal	EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630			Lunch \$2.75 (Milk included with meal) Milk 60¢ Offered Daily: Fat Free Chocolate Fat Free White



Farm Fresh Produce
 featuring... Pumpkin
 The carotenoids in pumpkins give them their orange color, just like with carrots!

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

Candy Corn Counting Contest
 Enter your guess for the # of Candy Corn pieces in the Jar
October 26th
 To win a Fresh Baked Chocolate Chip Cookie
 The 5 best guesses win!

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