

# October 2017

## Des Plaines School District 62 Iroquois Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>INTERSESSION</b>				
9 Columbus Day No Classes	10 Baked Chicken Nuggets Chili Lime Sweet Corn Sweet Applesauce	11 Mini Corn Dogs Cucumber Slices Mixed Fruit  <b>Lucky Bag Day</b>	12 Cheeseburger Romaine Salad w/Ranch Pineapple Tidbits	13 Max Cheese Sticks Southwest Black Beans Cling Peaches
16 Buffalo Chicken Sandwich Spring Peas California Raisins	17 Hot Dog Dill Pickle Chips Cling Peaches	18 Baked Chicken Nuggets Broccoli Buds Bartlett Pears	19 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Bean Dip Sweet Applesauce	20 Cheese Pizza Foldover Tiny Tomatoes Mixed Fruit  <b>Lucky Bag Day</b>
23 Corn Dog Southwest Black Beans Bartlett Pears	24 Buffalo Chicken Sandwich Homemade Coleslaw California Raisins	25 Hot Dog Chili Lime Sweet Corn Cling Peaches	26 French Toast Sticks Broccoli Buds Icy Blueberries  <b>Candy Corn Counting Contest</b>	27 <b>Vampire Fangs</b> (Max Cheese Sticks) <b>Blood Red</b> Dipping Sauce <b>Ectoplasm Green</b> Apple Juice
30 Chicken Sandwich Spring Peas Sweet Applesauce  <b>Candy Corn Counting Contest Winners Announced!</b>	31 School Improvement Half Day 11:00 Dismissal	<b>EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630</b>		<b>Lunch \$2.75</b> (Milk included with meal) <b>Milk 60¢</b>  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!

**Available Daily**  
Chicken Sandwich  
Deli Sandwiches  
Cheese Sandwich  
Tuna & Egg Salad  
Sandwiches  
Garden Salads  
Fresh Baby Carrots

**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