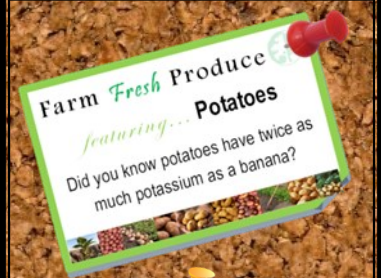


September 2017

Des Plaines School District 62 Central & Terrace Lunch Menu



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

Celebrate National Fortune Cookie Day September 13th!

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!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch \$2.75 (Milk included with meal)</p> <p>Milk 60¢</p> <p><i>Offered Daily:</i> Fat Free Chocolate Fat Free White</p>	<p>Looking for a Great Part-time Job while your kids are at school? We are seeking energetic workers for our Food Service Program. Please contact: Chris at (847) 789-5630</p>			<p>1 Creamy Mac & Cheese Dinner Roll Sweet Peas Dark Green Salad Fresh Orange</p>
<p>4 LABOR DAY NO SCHOOL</p>	<p>5 Hot Dog Veggie Baked Beans Oven Baked Fries Fruit Punch</p>	<p>6 Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Crisp Apple</p>	<p>7 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>8 Cheese Pizza Wedges Homemade Coleslaw Fresh Baby Carrots Cling Peaches</p>
<p>11 Pasta & Meatballs Garlic Bread Whole Kernel Corn Kale Salad w/Dijon Vinaigrette Crisp Apple</p>	<p>12 IN-SERVICE 1/2 DAY 12:00 DISMISSAL NO LUNCH SERVED</p>	<p>13 New! Chicken Egg Roll Brown Rice Steamed Broccoli Tiny Tomatoes Mixed Fruit</p> <p>Fortune Cookie</p>	<p>14 Cheeseburger Sweet Potato Puffs Cucumber Slices Fruit Juice Punch</p>	<p>15 Max Cheese Sticks Marinara Dipping Sauce Southwest Black Beans Fresh Orange</p> <p>Lucky Tray Day</p>
<p>18 Chicken Sandwich Romaine Salad w/Ranch Tiny Tomatoes Bartlett Pears</p>	<p>19 Hot Dog Dill Pickle Chips Oven Baked Fries Sweet Applesauce</p>	<p>20 Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Cling Peaches</p>	<p>21 Nacho Supreme w/Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice</p>	<p>22 Double Stuff Pizza Fresh Broccoli Buds Baby Carrots California Raisins</p>
<p>25 Baked Chicken Nuggets Southwest Black Beans Spring Peas Apple Cherry Juice</p>	<p>26 Pasta & Meatballs Garlic Bread Kale Salad w/Dijon Vinaigrette Tiny Tomatoes Crisp Apple</p>	<p>27 Chicken Fingers & Jumbo Waffle Fresh Baby Carrots Veggie Baked Beans Bartlett Pears</p> <p>Lucky Tray Day</p>	<p>28 French Toast Sticks W/Maple Syrup Oven Roasted Sweet Potatoes Cucumber Slices Icy Blueberries</p>	<p>29 Creamy Mac & Cheese Dinner Roll Sweet Peas Dark Green Salad Fresh Orange</p>



(*) Contains Pork