

# September 2017

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



**Farm Fresh Produce**  
featuring... **Potatoes**  
Did you know potatoes have twice as much potassium as a banana?



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch \$2.75 (Milk included with meal)</p> <p>Milk 60¢</p> <p>Offered Daily: Fat Free Chocolate Fat Free White</p>	<p><b>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</b></p>			<p>1 Chicken Parmesan w/Whole Grain Pasta Kale Salad w/Dijon Vinaigrette Sweet Pea Salad Fresh Orange</p>
<p>4</p> <p>LABOR DAY NO SCHOOL</p>	<p>5</p> <p>BBQ *Rib Sandwich Veggie Baked Beans Whole Kernel Corn Fruit Punch</p>	<p>6</p> <p>Baked Chicken Nuggets Carrot Coins Romaine Salad w/Ranch Crisp Apple</p>	<p>7</p> <p>Nacho Supreme w/Taco Meat &amp; Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Pineapple Tidbits</p>	<p>8</p> <p>Buffalo Chicken Wrap Homemade Coleslaw Baby Carrots Cling Peaches</p>
<p>11</p> <p>Italian Meatball Sub Chili Lime Sweet Corn Fresh Broccoli Buds Fruit Punch</p> <p>Lucky Tray Day</p>	<p>12</p> <p>IN-SERVICE 1/2 DAY 11:15 DISMISSAL NO LUNCH SERVED</p>	<p>13</p> <p><b>New!</b> Chicken Egg Roll Brown Rice Steamed Broccoli Tiny Tomatoes Mixed Fruit <b>Fortune Cookie</b></p>	<p>14</p> <p>Chicken Fajitas Southwest Black Beans Zesty Red Salsa Crisp Apple</p>	<p>15</p> <p>French Toast Sticks Cucumber Slices Tiny Tomatoes Icy Blueberries</p>
<p>18</p> <p>Buffalo Chicken Wrap Fresh Baby Carrots Romaine Salad w/Ranch Fresh Orange</p>	<p>19</p> <p>Salisbury Steak &amp; Gravy Whipped Potatoes Dinner Roll Carrot Coins Sweet Applesauce</p>	<p>20</p> <p>BBQ *Rib Sandwich Veggie Baked Beans Oven Baked Fries Cling Peaches</p>	<p>21</p> <p>Soft Tacos w/Taco Meat &amp; Cheddar Cheese Fiesta Refried Beans Chili Lime Sweet Corn Apple Cherry Juice</p>	<p>22</p> <p>Creamy Mac &amp; Cheese Steamed Broccoli Fresh Baby Carrots Crisp Apple</p>
<p>25</p> <p>Baked Chicken Nuggets Whipped Potatoes Seasoned Green Beans California Raisins</p>	<p>26</p> <p>Pasta &amp; Meatballs Garlic Bread Romaine Salad w/Ranch Fresh Baby Carrots Crisp Apple</p>	<p>27</p> <p>Chicken Fingers &amp; Jumbo Waffle Oven Roasted Sweet Potatoes Cucumber Slices <b>Lucky Tray Day</b></p>	<p>28</p> <p>Nacho Supreme w/Taco Meat &amp; Cheddar Cheese Southwest Black Beans Zesty Red Salsa Bartlett Pears</p>	<p>29</p> <p>Chicken Parmesan w/Whole Grain Pasta Kale Salad w/Dijon Vinaigrette Sweet Pea Salad Fresh Orange</p>

**Available Daily**

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

**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!

(\*) Contains Pork