



Daily Special
Includes fruit and vegetable choices,
whole grain breads and rolls and milk.

Daily Choices
Pizza Options

Fresh Deli
Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
1 Crispy Chicken Strips & Jumbo Waffle	2 *BBQ Rib Sandwich Baked Potato Rounds	3 **Salisbury Steak Smashed Potatoes and Gravy	4 Nacho Supreme w/Turkey Taco Meat & Cheddar Cheese	5 Sweet & Spicy Sticky Finger Wrap Homemade Coleslaw
8 Italian Meatball Sub with Mozzarella Cheese	9 Southern Style Chicken & Waffle Sandwich	10 Mini Corn Dogs Oven Baked Fries	11 Nacho Supreme w/Turkey Taco Meat & Cheddar Cheese	12 Baked Lasagna Rolls with Mozzarella Cheese and Garlic Bread
15 Jalapeño Popper Grilled Cheese Homemade Black Bean & Corn Salsa	16 **Salisbury Steak Smashed Potatoes and Gravy	17 Western Burger w/Sweet BBQ Sauce and Onion Straws	18 Nacho Supreme w/Turkey Taco Meat & Cheddar Cheese	19 NO CLASSES
22 Corn Dog Baked Potato Rounds	23 Rotini Pasta with Meatballs & Garlic Bread	24 Chicago Style Hot Dog with all the Trimmings	25 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	26 Homemade Mac n' Cheese ✓ Steamed Broccoli
29 Crispy Chicken Strips & Jumbo Waffle	30 *BBQ Rib Sandwich Baked Potato Rounds	EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630		
Fresh Fruit & Veggie Bar available daily with all lunches				
Crispy Regular or Spicy Chicken Sandwiches Char Grilled Hamburgers and Cheeseburgers				
Cheese Pizza ✓ Pepperoni Pizza	Cheese Pizza ✓ Sausage Pizza	Cheese Pizza ✓ Pepperoni Pizza	Cheese Pizza ✓ Sausage Pizza	Cheese Pizza ✓ Pepperoni Pizza
Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap
Crispy Chicken Mixed Garden ✓ Buffalo Chicken	Crispy Chicken Mixed Garden ✓ Buffalo Chicken	Crispy Chicken Mixed Garden ✓ Buffalo Chicken	Crispy Chicken Mixed Garden ✓ Buffalo Chicken	Crispy Chicken Mixed Garden ✓ Buffalo Chicken

V=Vegetarian option available
**Served with a roll
*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.
This institution is an equal opportunity employer.



Des Plaines SD 62
April 2019

Lunch
\$2.85
Milk is Included
With Meal

Milk
\$0.60
A Variety of Milk
Is Offered
Daily

Arbor A+ Nutrition Mission
To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

Arbor Management

Make Choices for a Healthy Lifestyle!



arbor online
arbor.mgt.com



For more information or to "Ask the Dietitian", check out our web-

Questions about the menu?
Chris Roberts
arbor@d62.org
847-789-5630

Comprehensive nutrition & allergy guides are available in the Foodservice Office.