



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

Monday	Tuesday	Wednesday	Thursday	Friday
		8/1	8/2	8/3
8/6	8/7	8/8	8/9	8/10
8/13	8/14	8/15	8/16	8/17
Join us on Monday the 20th for our 'Happy New Year' Party!				
8/20 Corn Dog Baked Potato Rounds	8/21 Rotini Pasta with Meatballs & Garlic Bread	8/22 Chicago Style Hot Dog with all the Trimmings	8/23 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	8/24 Homemade Mac n' Cheese V Steamed Broccoli
8/27 Crispy Chicken Strips & Jumbo Waffle	8/28 *BBQ Rib Sandwich Baked Potato Rounds	8/29 **Salisbury Steak Smashed Potatoes and Gravy	8/30 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	8/31 Sweet & Spicy Sticky Finger Wrap Homemade Coleslaw

Fresh Fruit & Veggie Bar available daily with all lunches

Crispy Regular or Spicy Chicken Sandwiches
Char Grilled Hamburgers and Cheeseburgers

Daily Choices

Daily Pizza Options

Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Sausage Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Sausage Pizza	Cheese Pizza V 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 V Buffalo Chicken	Crispy Chicken Mixed Garden V Buffalo Chicken	Crispy Chicken Mixed Garden V Buffalo Chicken	Crispy Chicken Mixed Garden V Buffalo Chicken	Crispy Chicken Mixed Garden V Buffalo Chicken

Fresh Deli

Fresh Salads



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.



Des Plaines SD 62 August 2018

Lunch
\$2.75

Milk
\$0.60

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!



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.