



	Monday	Tuesday	Wednesday	Thursday	Friday
 Daily Special Includes fruit and vegetable choices, whole grain breads and rolls and milk.	<div style="border: 1px solid red; padding: 5px; text-align: center;"> EARN EXTRA \$\$\$.....GREAT PART TIME JOBS NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630 </div>			1	2
	5	6	7	8	9
	Jalapeño Popper Grilled Cheese Homemade Black Bean & Corn Salsa	Institute Day No Classes	Western Burger with Sweet BBQ Sauce and Onion Straws	Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	Chicken Parmesan w/Whole Grain Pasta Steamed Broccoli
	12	13	14	15	16
	Veterans Day No Classes	Rotini Pasta with Meatballs & Garlic Bread	Chicago Style Hot Dog with all the Trimmings	Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	Homemade Mac n' Cheese ✓ Steamed Broccoli
	19	20	21	22	23
	Parent-Teacher Conference No Classes	Parent-Teacher Conference No Classes	Non-Attendance Day	Happy Thanksgiving!	Non-Attendance Day
	26	27	28	29	30
	Crispy Chicken Strips & Jumbo Waffle	*BBQ Rib Sandwich Baked Potato Rounds	**Salisbury Steak Smashed Potatoes and Gravy	Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	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 Pizza Options	Cheese Pizza ✓ Pepperoni Pizza	Cheese Pizza ✓ Sausage Pizza	Cheese Pizza ✓ Pepperoni Pizza	Cheese Pizza ✓ Sausage Pizza	Cheese Pizza ✓ Pepperoni Pizza
	Fresh Deli	Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap	Ham or Turkey Wrap
		Fresh Salads	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.



Des Plaines SD 62 November 2018

Lunch
\$2.85

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.