

Des Plaines Elementary School District 62

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pasta & Meatballs Garlic Bread Whole Kernel Corn Broccoli Buds Crisp Apple	2 Oven Baked Chicken Nuggets Kale Salad with Dijon Vinaigrette Tiny Tomatoes Fruit Punch	3 Mini Corn Dogs Veggie Baked Beans Oven Baked potatoes Dried Cranberries	4 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese Southwest Black Bean Fresh Baby Carrots Apple Juice	5 Pizza Dippers Marinara Dipping Sauce Crunch Celery Fresh Orange
8 Columbus Day No Classes	9 Chicago Style Hot Dog Dill Pickle Chips Oven Baked Fries Apple Juice	10 Oven Baked Chicken Nuggets Veggie Baked Beans Whole Kernel Corn Fresh Broccoli Buds Bartlett Pears	11 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Crisp Apple	12 Italian Style Cheese Pizza Fresh Broccoli Buds Baby Carrots Crips Apple
15 Corn Dog Baked Potato Rounds Veggie Baked Beans Apple Cherry Juice	16 Pasta & Meatballs Garlic Bread Kale Salad with Dijon Vinaigrette Spring Peas Crisp Apple	17 Chicago Style Hot Dog Dill Pickle Chips Fresh Baby Carrots Cling Peaches	18 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese Southwest Black Beans Zesty Red Salsa Apple Juice	19 Creamy Mac & Cheese Dinner Roll Steamed Broccoli Tiny Tomatoes Fresh Orange
22 Crispy Chicken Strips & Jumbo Waffle Fresh Baby Carrots Romaine Salad with Ranch Dressing Crisp Apple	23 Chicago Style Hot Dog Veggie Baked Beans Oven Baked Fries Icy Blueberries	24 Oven Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Crisp Apple	25 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	26 Cheeseburger Homemade Coleslaw Tiny Tomatoes Bartlett Pears
29 Pasta & Meatballs Garlic Bread Whole Kernel Corn Broccoli Buds Crisp Apple	31 Oven Baked Chicken Nuggets Kale Salad with Dijon Vinaigrette Tiny Tomatoes	31 Half Day No Lunch Service	EARN EXTRA \$\$\$.....GREAT PART TIME JOBS NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630	

Lunch
\$2.85

Milk
\$0.60

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

For more information or to "Ask the Dietitian", check out our website!




Additional Fruit and Vegetable Choices will be available every day!

(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.

Join us in October as we celebrate Apples! Look for different varieties of Fresh Apples and Sweet Apple Treats!