

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	Italian Meatball Sub With Mozzarella Cheese	Southern Style Chicken & Waffle Sandwich	Mini Corn Dogs Oven Baked Fries	Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	Baked Lasagna Rolls with Mozzarella Cheese and Garlic Bread
	8	9	10	11	12
	10/8 Columbus Day No Classes	**Salisbury Steak Smashed Potatoes and Gravy	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
	15	16	17	18	19
	Corn Dog Baked Potato Rounds	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 V Steamed Broccoli
	22	23	24	25	26
	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
	29	30	31	<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>	
	Italian Meatball Sub With Mozzarella Cheese	Southern Style Chicken & Waffle Sandwich	School Improvement Half Day No Lunch		
Fresh Fruit & Veggie Bar available daily with all lunches					
Crispy Regular or Spicy Chicken Sandwiches Char Grilled Hamburgers and Cheeseburgers					
	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



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

Daily Choices
 Daily Pizza Options
 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 October 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!



arbor online
arbormgmt.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

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