



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
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<b>EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630</b>				Sweet & Spicy Sticky Finger Wrap Homemade Coleslaw
4	5	6	7	8
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
11	12	13	14	15
Jalapeño Popper Grilled Cheese Homemade Black Bean & Corn Salsa	**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
18	19	20	21	22
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
25	26	27	28	
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	
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
<b>Crispy Regular or Spicy Chicken Sandwiches Char Grilled Hamburgers and Cheeseburgers</b>				
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

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 February 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  
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

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