



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

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<div style="border: 1px solid red; padding: 5px; display: inline-block;"> EARN EXTRA \$\$\$....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630 </div>				
7	8	9	10	11
Corn Dog Baked Potato Rounds	Southern Style Chicken & Waffle Sandwich	Mini Corn Dogs Oven Baked Fries	Nacho Supreme w/Turkey Taco Meat & Cheddar Cheese	Baked Lasagna Rolls w/Mozzarella Cheese and Garlic Bread
14	15	16	17	18
Jalapeno Popper Grilled Cheese Homemade Black Bean & Corn Salsa	**Salisbury Steak Smashed Potatoes and Gravy	Western Burger w/Sweet BBQ Sauce and Onion Straws	Nacho Supreme w/Turkey Taco Meat & Cheddar Cheese	Chicken Parmesan w/Whole Grain Pasta Steamed Broccoli
21	22	23	24	25
MLK DAY NO CLASSES	Rotini Pasta w/Meatballs & Garlic Bread	Chicago Style Hot Dog with all the Trimnings	Nacho Supreme w/Turkey Taco Meat & Cheddar Cheese	Homemade Mac n' Cheese ✓ Steamed Broccoli
28	29	30	31	
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	
Fresh Fruit & Veggie Bar available daily with all lunches				
Crispy Regular or Spicy Chicken Sandwiches Char Grilled Hamburgers and Cheeseburgers				
Cheese Pizza ✓ Pepperoni Pizza	Cheese Pizza ✓ Sausage Pizza	Cheese Pizza ✓ Pepperoni Pizza	Cheese Pizza ✓ Sausage Pizza	Cheese Pizza ✓ 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 ✓ Buffalo Chicken	Crispy Chicken Mixed Garden ✓ Buffalo Chicken	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.
 This institution is an equal opportunity employer.



Des Plaines SD 62 January 2019

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
arbor.mgt.com



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

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

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