



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
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EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630				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
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
18	19	20	21	22
Corn Dog Baked Potato Rounds	Rotini Pasta with Meatballs & Garlic Bread	Chicago Style Hot Dog with all the Trimblings	Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	Homemade Mac n' Cheese V Steamed Broccoli
25	26	27	28	29
<h1>Spring Break</h1>				
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

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 March 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!

For more information or to "Ask the Dietitian", check out our web-

Arbor Online
 arbormgmt.com

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

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