



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

Daily Choices

New Plant Based Entrées

Pizza Choices

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 Italian Meatball Sub With Mozzarella Cheese	3 Southern Style Chicken & Waffle Sandwich	4 Mini Corn Dogs Oven Baked Spicy Curly Fries	5 <i>Walking Taco Scoops w/Turkey Taco Meat & Cheddar Cheese</i>	6 Baked Lasagna Rolls with Mozzarella Cheese and Garlic Bread
9 **Savory Salisbury Steak Mashed Potatoes and Gravy	10 Soft Baked Pretzel With Cheddar Cheese Sauce	11 Western Burger w/Sweet BBQ Sauce and Onion Straws	12 <i>Walking Taco Scoops w/Turkey Taco Meat & Cheddar Cheese</i>	13 Chicken Parmesan w/Whole Grain Pasta Steamed Broccoli
16 Corn Dog Baked Potato Rounds	17 Rotini Pasta with Meatballs & Garlic Bread	18 Way Cool Wed! Chicago Style Hot Dog with all the Trimmings <i>Strawberry Kiwi Slushie</i>	19 <i>Walking Taco Scoops w/Turkey Taco Meat & Cheddar Cheese</i>	20 Homemade Macaroni and Cheese v Steamed Broccoli Chocolate Bear Cookie
23	Spring Break			
30 Crispy Chicken Strips & Jumbo Waffle	31 Western Burger w/Sweet BBQ Sauce & Onion Straws Baked Potato Rounds	EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630		
Crispy Regular or Spicy Chicken Sandwich, Char Grilled Hamburgers or Cheeseburgers or our new Plant Based Burger				
NEW Plant Based Meat-less Meatball Sub	NEW Plant Based Buddha Bowl	NEW Plant Based Lentil Pasta Marinara	NEW Plant Based Chicken-less Nuggets	NEW Plant Based Southwest Chicken-less Wrap
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.

Arbor Signature Recipe



Des Plaines SD 62 Middle School March 2020

Lunch \$2.85
Milk is Included
With Meal

Milk \$0.60
A Variety of Milk is
Offered Daily

**Fruit & Veggie Bar available
daily with all lunches**

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
- ✓ Plant based options available

~Arbor Management~

Make Choices for a Healthy Lifestyle!

arbor online
arbormgmt.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.