

Des Plaines Cent/Terrace Elementary School District 62 Lunch Menu

September
2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No Classes	3 Oven Baked Chicken Nuggets Kale Salad with Dijon Vinaigrette Tiny Tomatoes Fresh Cucumber Slices	4 Melted Cheddar Cheese & Tortilla Chips Fiesta Refried Beans Golden Corn Dried Cranberries	5 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese Southwest Black Beans Fresh Baby Carrots Apple Juice	6 Cheeseburger Homemade Coleslaw Tiny Tomatoes Bartlett Pears
9 Crispy Chicken Sandwich Romaine Salad w/Ranch Dressing Tiny Tomatoes Cling Peaches	10 Chicago Style Hot Dog Dill Pickle Chips Oven Baked Fries Apple Juice	11 Oven Baked Chicken Nuggets Homestyle Baked Beans Whole Kernel Corn Fresh Broccoli Buds Bartlett Pears	12 1/2 Day No Lunch Service	13 Italian Style Cheese Pizza Fresh Broccoli Buds Baby Carrots Fresh Cucumber Slices Crisp Apple
16 Corn Dog Baked Potato Rounds Homestyle Baked Beans Apple Cherry Juice	17 Melted Cheddar Cheese & Tortilla Chips Steamed Broccoli Tiny Tomatoes Fresh Orange	18 Chicago Style Hot Dog Dill Pickle Chips Fresh Baby Carrots Cling Peaches Homemade Coleslaw	19 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese Southwest Black Beans Zesty Red Salsa Apple Juice	20 Creamy Mac & Cheese Chocolate Bear Cookie Kale Salad with Dijon Vinaigrette Spring Peas Crisp Apple
23 Crispy Chicken Strips & Jumbo Waffle Fresh Baby Carrots Romaine Salad with Ranch Dressing Crisp Apple	24 Chicago Style Hot Dog Homestyle Baked Beans Oven Baked Fries Icy Blueberries	25 Oven Baked Chicken Nuggets Fresh Broccoli Buds Chili Lime Sweet Corn Crisp Apple	26 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese Fiesta Refried Beans Zesty Red Salsa Apple Cherry Juice	27 Pizza Dippers Marinara Dipping Sauce Crunch Celery Fresh Orange
30 Pasta & Meatballs Garlic Bread Whole Kernel Corn Broccoli Buds Crisp Apple	<p>EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630</p>			

Lunch
\$2.85
Milk is Included With Meal

Milk
\$0.60
Fat Free White and Fat Free Chocolate is Offered Daily

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

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

Additional Fruit and Vegetable Choices will be available every day!

(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.