



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
2 Labor Day No Classes	3 Southern Style Chicken & Waffle Sandwich	4 Mini Corn Dogs Oven Baked Fries	5 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	6 Baked Lasagna Rolls with Mozzarella Cheese and Garlic Bread
9 **Salisbury Steak Smashed Potatoes and Gravy	10 Soft Baked Pretzel With Cheddar Cheese Sauce	11 Western Burger with Sweet BBQ Sauce and Onion Straws	12 1/2 Day No Lunch Service	13 Chicken Parmesan w/Whole Grain Pasta Steamed Broccoli
16 Corn Dog Baked Potato Rounds	17 Rotini Pasta with Meatballs & Garlic Bread	18 Chicago Style Hot Dog with all the Trimmings	19 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	20 Homemade Mac n' Cheese V Steamed Broccoli
23 Crispy Chicken Strips & Jumbo Waffle	24 Western Burger with Sweet BBQ Sauce & Onion Straws	25 Soft Baked Pretzel With Cheddar Cheese Sauce	26 Nacho Supreme W/Turkey Taco Meat & Cheddar Cheese	27 Sweet & Spicy Sticky Finger Wrap Homemade Coleslaw
30 Italian Meatball Sub With Mozzarella Cheese	<div style="border: 1px solid red; padding: 5px;"> EARN EXTRA \$\$\$.....GREAT PART TIME JOBS. NOW HIRING FOR FOOD SERVICE POSITIONS. FOR MORE INFORMATION CALL CHRIS AT: 847-789-5630 </div>			
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 September 2019

Lunch
\$2.85
Milk is Included
With Meal

Milk
\$0.60
Fat Free White
and Fat Free
Chocolate 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.