



APRIL 2018

Dixon School District #170 High School Lunch Menu

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 website!

Questions about the menu?
 Tammy Wolf
 twolf@dps170.org
 815-285-8855

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Special Includes fruit and vegetable choices, whole grain breads and rolls and milk.	4/2 NO SCHOOL	4/3 Salisbury Steak w/Bread Slice & Mashed Potatoes	4/4 Nachos Supreme w/Salsa	4/5 *Monte Cristo Chicken Sandwich	4/6 French Toast Sticks w/Syrup V
	4/9 Bacon Chicken Melt Sandwich	4/10 Build Your Own Deli Sandwich Macaroni Salad	4/11 Chicken Nuggets w/Roll Rainbow Treat	4/12 Spicy Sriracha Chicken Sandwich	4/13 Macaroni & Cheese V
	4/16 *BBQ Rib Sandwich	4/17 Nachos Supreme w/Salsa	4/18 Chicken Ranch Wrap Coleslaw	4/19 Double Dog Day Chili Cheese Dog	4/20 Flatbread Garlic Pizza V
	4/23 Chicken Fajitas w/Spanish Rice	4/24 Sloppy Joes w/Waffle Fries	4/25 Macaroni & Cheese V	4/26 1/2 Day NO LUNCH SERVED	4/27 Cheesy Breadstick V
	4/30 Salisbury Steak w/Bread Slice & Mashed Potatoes				

Fresh Fruit & Veggie Bar available daily with all lunches

Sandwich Selection
 Crispy Chicken Sandwich
 Grilled Burgers

Daily Pizza Selections	Monday	Tuesday	Wednesday	Thursday	Friday
Stuffed Crust Cheese V	Cheese Pizza V	Stuffed Crust Cheese V	Cheese Pizza V	Stuffed Crust Pepperoni	
Pepperoni	Sausage	Pepperoni	Sausage	Pepperoni	

Wraps	Monday	Tuesday	Wednesday	Thursday	Friday
Buffalo Chicken Wrap	Turkey Bacon & Cheese Wrap	Turkey & Cheese Wrap	Spicy Buffalo Chicken Wrap	Turkey & Bacon Wrap	

Fresh Salads	Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken Salad Mixed Garden V Salad	Crispy Chicken Salad Green Garden V Salad With dressing	Grilled Chicken Salad Mixed Garden V Salad	Crispy Chicken Salad Green Garden V Salad With dressing	Crispy Chicken Caesar Salad Julienne Salad	

Lunch \$2.65
Milk 55¢

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

Spring is in the air!
 With spring comes the early beginnings of local, seasonal produce. Look for new spring options on the **FRUIT & VEGGIE BAR!** Go ahead, try it, you might like it!

V=vegetarian option available
 *Contains or may contain pork ingredients.

