



August 2017

Dixon School District 170

High School Lunch Menu

Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

~Arbor Management~

Make Choices for a Healthy Lifestyle!

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

Lunch \$2.65 Milk 55¢



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Special	8/7 8/14 Welcome Back 1/2 Day No Lunch Served 8/21 BBQ *Rib Sandwich 8/28 Chicken Fajitas w/Spanish Rice	8/1 8/8 8/15 Chicken Nuggets w/Roll 8/22 Flatbread Garlic Pizza V 8/29 Cheesy Bread Stick V	8/2 8/9 8/16 Build Your Own Deli Macaroni Salad 8/23 Chicken Ranch Wrap 8/30 Macaroni & Cheese V	8/3 8/10 8/17 *Pepperoni Pasta Bake 8/24 Chili Cheese Dog 8/31 Popcorn Chicken Bowl	8/4 8/11 8/18 Spicy Sriracha Chicken Sandwich 8/25 Nachos Supreme
Hot and Cold Veggies	A variety of vegetables are offered daily with every meal				
Grab n Go	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken
Pizza Selections	Cheese V	Cheese V	Cheese V	Cheese V	Cheese V
	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage
Deli Stop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Fresh Salads	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Julienne Salad Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Julienne Salad

featuring...



Tomato

Available Daily

- BURGERS
 - PIZZA
 - CHICKEN SANDWICH
 - FRESH SALADS
 - DELI SANDWICHES & WRAPS
 - FRUIT & VEGGIE BAR:**
 - BROCCOLI BUDS
 - TINY TOMATOES
 - BABY CARROTS
 - BEANS
 - CUCUMBERS
 - PICKLE CHIPS
 - FRESH FRUIT
 - CANNED FRUIT
- Students may choose
4 Vegetable Servings & 2 Fruit Servings

Comprehensive nutrition & allergy guides are available in the Foodservice Office

AS A REMINDER, STUDENTS ARE ONLY ALLOWED TO CHARGE 3 LUNCHESES. \$7.95 IS THE MAXIMUM CHARGE ALLOWED. PLEASE SEND LUNCH MONEY, IF YOUR STUDENT HAS A NEGATIVE BALANCE. THANK YOU

V=vegetarian option available

*Contains or may contain pork ingredients.

Menu changes may be necessary. Notice will be given when possible.