



**AUGUST 2017**

**Dixon School District 170**  
**RMS & Madison 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 - RMS \$2.65 Milk 55¢  
Madison \$2.60



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Special	8/7	8/1 8/8	8/2 8/9	8/3 8/10	8/4 8/11
	8/14 Welcome Back 1/2 Day NO LUNCH SERVED	8/15 Nachos Supreme	8/16 Macaroni & Cheese V	8/17 Chicken Nuggets	8/18 Chicken Quesadilla
	8/21 Soft Shell Tacos	8/22 Jumbo Corn Dog	8/23 Salisbury Steak	8/24 Hot Ham & Cheese Sandwich	8/25 BBQ *Rib Sandwich
	8/28 Chili Cheese Dog	8/29 Bosco Stick V	8/30 *Pepperoni Calzone	8/31 Popcorn Chicken	
Hot or Fresh Veggie	A variety of fresh vegetables are offered daily with every meal				
Fresh Wraps	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	Pepperoni	Pepperoni	Pepperoni	Pepperoni
Deli Shop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Fresh Salads	Julienne Salad	Crispy Chicken Salad	Julienne Salad	Julienne Salad	Crispy Chicken Salad
	Crispy Chicken Salad	Julienne Salad	Crispy Chicken Salad	Julienne Salad	Julienne Salad

featuring...



- 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  
**3 Vegetable Servings & 1 Fruit Serving**

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

AS A REMINDER, STUDENTS ARE ONLY ALLOWED TO CHARGE 3 LUNCHES. \$7.95 IS THE MAXIMUM CHARGE ALLOWED. THANK YOU

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



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