



DECEMBER 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	12/4 Bacon Chicken Melt Sandwich	12/5 Build Your Own Deli w/Macaroni Salad	12/6 Chicken Nuggets w/Roll	12/7 *Pepperoni Pasta Bake	12/1 *Monte Cristo Chicken Sandwich
	12/11*BBQ Rib Sandwich	12/12 Tony's Flatbread Garlic Pizza V	12/13 Chicken Ranch Wrap w/Coleslaw	12/14 Double Dog Day Chili Cheese Dog	12/8 Spicy Sriracha Chicken Sandwich
	12/18 Chicken Fajitas w/Spanish Rice	12/19 Cheesy Breadstick V	12/20 Macaroni & Cheese V	12/21 Popcorn Chicken Bowl	12/15 Nachos Supreme
	12/25 NO SCHOOL	12/26 NO SCHOOL	12/27 NO SCHOOL	12/28 NO SCHOOL	12/22 NO SCHOOL
					12/29 NO SCHOOL
Hot or Cold Veggie	Romaine Salad Cherry Tomatoes Skinny Fries	Baby Carrots Salsa Cucumbers	Broccoli Buds Green Beans Pickle Spear	Golden Corn Baked Beans Cherry Tomatoes	Broccoli Hamburger Chips Marinara Sauce
	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken
Grab n Go	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
Pizza Selections	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken
Deli Stop					
Fresh Salads					

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 and allergy guides are available in the Foodservice Office

DECEMBER 15th
Get a free cupcake with a hot lunch. It is National Cupcake Day!!

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

