



DECEMBER 2017

**Dixon School District
170
RMS & Madison**

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	12/4 *BBQ Rib Sandwich 12/11 Soft Shell Tacos 12/18 Double Dog Day Chili Cheese Dog 12/25 NO SCHOOL	12/5 Nachos Supreme 12/12 Jumbo Corn Dog 12/19 Cheesy Breadstick ✓ 12/26 NO SCHOOL	12/6 Macaroni & Cheese ✓ 12/13 Salisbury Steak w/Roll 12/20 *Pepperoni Calzone w/Sauce 12/27 NO SCHOOL	12/7 Chicken Nuggets 12/14 Hot Ham & Cheese Sandwich 12/21 Popcorn Chicken w/Roll 12/28 NO SCHOOL	12/1 French Toast Slicks w/Syrup ✓ 12/8 Chicken Quesadilla w/Salsa 12/15 *BBQ Rib Sandwich 12/22 NO SCHOOL 12/29 NO SCHOOL
Hot or Veggie	Romaine Salad Cherry Tomatoes Golden Corn	Cucumbers Baby Carrots Broccoli	Pickle Spear Green Beans Skinny Fries	Salsa Mashed Potatoes	Baked Beans Cherry Tomatoes Broccoli Buds
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 ✓	Cheese ✓	Cheese ✓	Cheese ✓	Cheese ✓
	Pepperoni	Pepperoni	Pepperoni	Pepperoni	Pepperoni
Deli Stop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Fresh Wraps	Cajun Chicken	Cajun Chicken	Cajun Chicken	Cajun Chicken	Cajun Chicken
	Turkey Bacon Cheese	Turkey Bacon Cheese	Turkey Bacon Cheese	Turkey Bacon Cheese	Turkey Bacon Cheese

featuring...



Squash

- 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!!

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



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

This Institution is an equal opportunity employer.