



**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](mailto: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
<b>Daily Special</b>	12/4 *BBQ Rib Sandwich	12/5 Nachos Supreme	12/6 Macaroni & Cheese V	12/7 Chicken Nuggets	12/1 French Toast Slicks w/Syrup V
	12/11 Soft Shell Tacos	12/12 Jumbo Corn Dog	12/13 Salisbury Steak w/Roll	12/14 Hot Ham & Cheese Sandwich	12/8 Chicken Quesadilla w/Salsa
	12/18 Double Dog Day Chili Cheese Dog	12/19 Cheesy Breadstick V	12/20 *Pepperoni Calzone w/Sauce	12/21 Popcorn Chicken w/Roll	12/15 *BBQ Rib Sandwich
	12/25 NO SCHOOL	12/26 NO SCHOOL	12/27 NO SCHOOL	12/28 NO SCHOOL	12/22 NO SCHOOL
					12/29 NO SCHOOL
<b>Hot or Veggie Fresh</b>	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
<b>Fresh Wraps</b>	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken
<b>Pizza Selections</b>	Cheese V	Cheese V	Cheese V	Cheese V	Cheese V
	Pepperoni	Pepperoni	Pepperoni	Pepperoni	Pepperoni
<b>Deli Stop</b>	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
<b>Fresh Wraps</b>	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...*



- 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.



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

This Institution is an equal opportunity employer.