



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



| Monday  | Tuesday                            | Wednesday                     | Thursday                       | Friday                       |
|---|------------------------------------|-------------------------------|--------------------------------|------------------------------|
| 3<br>Grilled Chicken On a Pretzel Roll  | 4<br>*Bacon Cheeseburger           | 5<br>Rotini w/Meat Sauce      | 6<br>Chicken Parmesan Sandwich | 7<br>Buffalo Chicken Pizza   |
| 10<br>Meatball Bomber Sub   | 11<br>*BBQ Rib Patty On a Roll     | 12<br>**Pepperoni* Pasta Bake | 13<br>Crunchy Mini Corn Dogs   | 14<br>Garlic Flatbread Pizza |
| 17<br>Walking Taco w/Sour Cream   | 18<br>Breadsticks w/Marinara Sauce | 19<br>**Chicken Alfredo       | 20<br>Western BBQ Burger       | 21<br>Homemade Taco Pizza    |
| 24<br>NO SCHOOL WINTER BREAK  | 25<br>NO SCHOOL WINTER BREAK       | 26<br>NO SCHOOL WINTER BREAK  | 27<br>NO SCHOOL WINTER BREAK   | 28<br>NO SCHOOL WINTER BREAK |
| 31<br>NO SCHOOL WINTER BREAK  | NO SCHOOL WINTER BREAK             | NO SCHOOL WINTER BREAK        | NO SCHOOL WINTER BREAK         | NO SCHOOL WINTER BREAK       |
| <b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>  |                                    |                               |                                |                              |
| <b>Crispy Regular or Spicy Chicken Sandwich<br/>Grilled Burgers<br/>A Variety of Fresh Grab and Go salads and wraps</b> |                                    |                               |                                |                              |
| Cheese V  | *Pepperoni                         | Cheese V                      | *Pepperoni                     | Cheese V                     |
| Crispy Chicken Wrap   | *Ham & Cheese Wrap                 | Turkey & Cheese Wrap          | Buffalo Chicken Wrap           | Ranch Chicken Wrap           |
| Crispy Chicken Salad**  | Caesar Salad **V                   | Buffalo Chicken Salad**       | Chicken Caesar Salad**         | Chef Salad**                 |

V=Vegetarian option available  
 \*\*Served with a roll  
 \*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.  
 This institution is an equal opportunity employer.



Dixon School District #170  
 High School Lunch Menu  
 December 2018

**Lunch**  
\$2.65

**Milk**  
\$.55

**Arbor A+ Nutrition Mission**  
 To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*~Arbor Management~*

**Make Choices for a Healthy Lifestyle!**





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

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

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