



**FEBRUARY 2018**

**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	2/5 Bacon Chicken Melt Sandwich	2/6 Build Your Own Deli Macaroni Salad	2/7 Chicken Nuggets w/Roll	2/1 Chicken Quesadilla w/Salsa	2/2 *Monte Cristo Chicken Sandwich
	2/12 *BBQ Rib Sandwich	2/13 Tony's Flatbread Garlic Pizza V	2/14 Chicken Ranch Wrap Coleslaw	2/8 *Pepperoni Pasta Bake	2/9 Spicy Sriracha Chicken Sandwich
	2/19 NO SCHOOL	2/20 Cheesy Breadstick V	2/21 Macaroni & Cheese V	2/15 Double Dog Day Chili Cheese Dog	2/16 Nachos Supreme
	2/26 Salisbury Steak w/Bread & Mashed Potatoes	2/27 1/2 DAY NO LUNCH SERVED	2/28 Nachos Supreme	2/22 Popcorn Chicken Bowl	2/23 Hot & Spicy Chicken Tenders
Hot or Cold Veggies	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
Grab n Go	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 or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage
Deli Stop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Fresh Salads	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken

featuring...



**Cherry**

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  
4 Vegetable Servings &  
2 Fruit Serving

Comprehensive nutrition and allergy guides are available in the Foodservice Office

The week of the 12th-16th get Strawberry Milk For Valentine's Day.

V=vegetarian option available

\*Contains or may contain pork ingredients.