



FEBRUARY 2018

**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	2/5 *BBQ Rib Sandwich	2/6 Nachos Supreme	2/7 Macaroni & Cheese V	2/1 Mini Corn Dogs	2/2 French Toast Sticks w/Syrup V
	2/12 Soft Shell Tacos	2/13 Jumbo Corn Dog	2/14 Salisbury Steak w/Roll	2/8 Chicken Nuggets	2/9 Chicken Quesadilla w/Salsa
	2/19 NO SCHOOL	2/20 Cheesy Breadstick V	2/21 *Pepperoni Calzone w/Sauce	2/15 Hot Ham & Cheese Sandwich	2/16 *BBQ Rib Sandwich
	2/26 Chicken Strips w/Dipping Sauce	2/27 1/2 DAY NO LUNCH SERVED	2/28 *Pepperoni Pasta Bake	2/22 Popcorn Chicken w/Roll	2/23 Nacho Supreme
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 V	Cheese V	Cheese V	Cheese V	Cheese V
	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...



Available Daily

- BURGERS
- PIZZA
- CHICKEN SANDWICH
- 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

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