



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
				1 Chicken Parmesan Sandwich
4 Walking Taco w/Sour Cream	5 Breadsticks w/Marinara Sauce	6 **Chicken Alfredo	7 Western BBQ Burger	8 Homemade Taco Pizza
11 Chicago Style Hot Dog	12 Baked Cheese Quesadilla	13 **Oven Baked Mac & Cheese	14 Chicken Nuggets w/Waffle	15 BBQ Chicken Pizza
18 NO SCHOOL	19 *Bacon Cheeseburger	20 Rotini w/Meat Sauce	21 Chicken Parmesan Sandwich	22 Buffalo Chicken Pizza
25 Meatball Bomber Sub	26 *BBQ Rib Patty On a Roll	27 **Pepperoni* Pasta Bake	28 HALF DAY NO LUNCH SERVED	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Regular or Spicy Chicken Sandwich
Grilled Burgers
A Variety of Fresh Grab and Go salads and wraps**

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
 February 2019

Lunch
\$2.65
 Milk is included
 With Meal

Milk
\$.55
 A Variety of Milk is
 available daily

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.