



# JANUARY 2018

## Dixon School District 170 High School Lunch Menu

NATIONAL PEANUT

**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 \$2.65 Milk 55¢



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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Special</b>	1/1 No School	1/2 No School	1/3 No School	1/4 No School	1/5 No School
	1/8 Bacon Chicken Melt Sandwich	1/9 Build Your Own Deli Macaroni Salad	1/10 Chicken Nuggets w/Roll	1/11 *Pepperoni Pasta Bake	1/12 Spicy Sriracha Chicken Sandwich
	1/15 No School	1/16 Flatbread Garlic Pizza ✓	1/17 Chicken Ranch Wrap Coleslaw	1/18 Double Dog Day Chili Cheese Dog	1/19 Nachos Supreme
	1/22 Chicken Fajitas w/Spanish Rice	1/23 Cheesy Breadstick ✓	1/24 Macaroni & Cheese ✓	1/25 Popcorn Chicken Bowl w/Mashed Potatoes	1/26 Hot & Spicy Chicken Tenders
	1/29 Salisbury Steak w/Bread & Mashed Potatoes	1/30 Jumbo Corn Dog	1/31 HALF DAY NO LUNCH SERVED		
<b>Hot and Cold Vegies</b>	A variety of vegetables are offered daily with every meal				
<b>Grab n Go</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 ✓ Pepperoni or Sausage	Cheese ✓ Pepperoni or Sausage	Cheese ✓ Pepperoni or Sausage	Cheese ✓ Pepperoni or Sausage	Cheese ✓ Pepperoni or Sausage
<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 Salads</b>	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Julienne Salad Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Julienne Salad

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  
4 Vegetable Servings &  
2 Fruit Servings

Comprehensive nutrition and allergy guides are available in the Foodservice Office

Get a Peanut Butter Cookie with a Hot Lunch on the 24th. National Peanut Butter Day.

✓=vegetarian option available  
\*Contains or may contain pork ingredients.



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