



**JANUARY 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
<b>Daily Special</b>	1/1 <b>No School</b>	1/2 <b>No School</b>	1/3 <b>No School</b>	1/4 <b>No School</b>	1/5 <b>No School</b>
	1/8 BBQ *Rib Sandwich	1/9 Nachos Supreme	1/10 Macaroni & Cheese V	1/11 Chicken Nuggets	1/12 Chicken Quesadilla w/Salsa
	1/15 <b>No School</b>	1/16 Jumbo Corn Dog	1/17 Salisbury Steak w/Roll	1/18 Sloppy Joe Sandwich	1/19 BBQ *Rib Sandwich
	1/22 Double Dog Day Chili Cheese Dog	1/23 Cheesy Breadstick V	1/24 Peanut Butter Day *Pepperoni Calzone w/Sauce	1/25 Popcorn Chicken w/Roll	1/26 Nachos Supreme
	1/29 Chicken Strips w/Dipping Sauce	1/30 *Pepperoni Pasta Bake	1/31 <b>HALF DAY NO LUNCH SERVED</b>		
<b>Hot or Fresh Veggies</b>	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
	<b>Cheese V</b>	<b>Cheese V</b>	<b>Cheese V</b>	<b>Cheese V</b>	<b>Cheese V</b>
<b>Pizza Selections</b>	Pepperoni	Pepperoni	Pepperoni	Pepperoni	Pepperoni
	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
<b>Deli Stop</b>	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
<b>Fresh Wraps</b>					

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

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