



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
7	8	9	10	11
HALF DAY NO LUNCH SERVED	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Chicken Nuggets w/Waffle	BBQ Chicken Pizza
14	15	16	17	18
Grilled Chicken On a Pretzel Roll	Bacon Cheeseburger	Rotini w/Meat Sauce	Chicken Parmesan Sandwich	Buffalo Chicken Pizza
21	22	23	24	25
NO SCHOOL	*BBQ Rib Patty On a Roll	*Pepperoni Pasta Bake	Crunchy Mini Corn Dogs	Garlic Flatbread Pizza
28	29	30	31	
Bacon Cheeseburger	**Salisbury Steak Mashed Potatoes	**Pasta w/Meat Sauce	Monte Cristo Chicken Sandwich	

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**

Daily Choices

Daily Pizza Options

Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
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Fresh Deli

Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
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Fresh Salads

Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**
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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 January 2019

Lunch
\$2.65

Milk
.55

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.