



**MARCH 2018**

**Dixon School District 170**

**High School Lunch Menu**

**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 \$2.65 Milk 55¢



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Special	3/5 Bacon Chicken Melt Sandwich	3/6 Build Your Own Deli Macaroni Salad	3/7 Chicken Nuggets w/Roll	3/1 *Monte Cristo Chicken Sandwich	3/2 French Toast Sticks w/Syrup V
	3/12 *BBQ Rib Sandwich	3/13 Nachos Supreme	3/14 Chicken Ranch Wrap Coleslaw	3/15 Double Dog Day Chili Cheese Dog	3/9 Macaroni & Cheese V
	3/19 Chicken Fajitas w/Spanish Rice	3/20 Hot & Spicy Chicken Tenders	3/21 Macaroni & Cheese V	3/22 Popcorn Chicken Bowl w/Mashed Potatoes	3/16 Flatbread Garlic Pizza V
	3/26 NO SCHOOL	3/27 NO SCHOOL	3/28 NO SCHOOL	3/29 NO SCHOOL	3/23 Cheesy Breadstick V
3/30 NO SCHOOL					
Hot and Cold Veggies	A variety of vegetables are offered daily with every meal				
Grab n Go	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 or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage
Deli Stop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Fresh Salads	Crispy Chicken	Crispy Chicken	Julienne Salad	Crispy Chicken	Crispy Chicken
	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Julienne Salad

featuring...

**Farm Fresh Produce**

**Beet**

**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 bag of potato chips with a hot lunch on the 14th. It is National Potato Chip Day.

V=vegetarian option available

\*Contains or may contain pork ingredients.