



MARCH 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
Daily Special	3/5 BBQ *Rib Sandwich 3/12 Soft Shell Tacos 3/19 Double Dog Day Chili Cheese Dog 3/26 NO SCHOOL	3/6 Nachos Supreme 3/13 Jumbo Corn Dog 3/20 Nachos Supreme 3/27 NO SCHOOL	3/7 Chicken Quesadilla w/Salsa 3/14 Salisbury Steak w/Roll 3/21 Peanut Butter Day *Pepperoni Calzone w/Sauce 3/28 NO SCHOOL	3/1 Mini Corn Dogs 3/8 Chicken Nuggets 3/15 Sloppy Joe Sandwich 3/22 Popcorn Chicken w/Roll 3/29 NO SCHOOL	3/2 French Toast Sticks w/Syrup V 3/9 Macaroni & Cheese V 3/16 Pancakes & Sausage w/Syrup 3/23 Cheesy Breadsticks V 3/30 NO SCHOOL
Hot or Fresh Veggies	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
Pizza Selections	Cheese V	Cheese V	Cheese V	Cheese V	Cheese V
	Pepperoni	Pepperoni	Pepperoni	Pepperoni	Pepperoni
Deli Stop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Fresh Wraps	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

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 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.



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

This Institution is an equal opportunity employer.