



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Parmesan Sandwich
4 Walking Taco w/Sour Cream	5 Homemade Taco Pizza	6 **Chicken Alfredo	7 Western BBQ Burger	8 Breadsticks w/Marinara Sauce
11 Chicago Style Hot Dog	12 Baked Cheese Quesadilla	13 BBQ Chicken Pizza	14 Chicken Nuggets w/Waffle	15 **Oven Baked Mac & Cheese
18 Grilled Chicken On a Pretzel Roll	19 *Bacon Cheeseburger	20 Rotini w/Meat Sauce	21 Chicken Parmesan Sandwich	22 HALF DAY NO LUNCH SERVED
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

**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  
 March 2019

**Lunch**  
**\$2.65**  
 Milk is included  
 With Meal

**Milk**  
**\$.55**  
 A Variety of Milk is  
 available daily

**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.