



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti w/Meat Sauce	2 Chicken Parmesan Sandwich	3 Monte Cristo Chicken Sandwich
6 Walking Taco w/Sour Cream	7 Breadsticks w/Marinara Sauce	8 **Chicken Alfredo	9 Western BBQ Burger	10 Homemade Taco Pizza
13 Chicago Style Hot Dog	14 Baked Cheese Quesadilla	15 **Oven Baked Mac & Cheese	16 Chicken Nuggets w/Waffle	17 BBQ Chicken Pizza
20 Grilled Chicken On a Pretzel Roll	21 *Bacon Cheeseburger	22 Hot Ham & Cheese Sandwich	23 Chicken Parmesan Sandwich	24 Buffalo Chicken Pizza
27 NO SCHOOL	28 *BBQ Rib Patty On a Roll	29 **Pepperoni* Pasta Bake	30 Crunchy Mini Corn Dogs	31 Garlic Flatbread Pizza

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

Fresh Deli

Fresh Salads

Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**



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 MAY 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.