



NOVEMBER 2017

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	11/6 Bacon Chicken Melt Sandwich	11/7 Build Your Own Deli Macaroni Salad	11/1 Nachos Supreme	11/2 Chicken Quesadilla	11/3 *Monte Cristo Chicken Sandwich
	11/13 BBQ *Rib Sandwich	11/14 Flatbread Garlic Pizza V	11/8 Chicken Nuggets w/Roll	11/9 *Pepperoni Pasta Bake	11/10 Spicy Sriracha Chicken Sandwich
	11/20 Chicken Fajitas w/Spanish Rice	11/21 Cheesy Breadstick V	11/15 Chicken Ranch Wrap Coleslaw	11/16 Double Dog Day Chili Cheese Dog	11/17 Nachos Supreme
	11/27 Salisbury Steak w/Bread & Mashed Potatoes	11/28 Jumbo Corn Dog	11/22 NO SCHOOL	11/23 NO SCHOOL	11/24 NO SCHOOL
			11/29 Nachos Supreme	11/30 Chicken Quesadilla w/Salsa	
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 Shop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Julienne Salad Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Julienne Salad

featuring...



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 vanilla cup cake with a hot lunch on the 10th for National Vanilla Cup Cake Day.

V=vegetarian option available

*Contains or may contain pork ingredients.

