



NOVEMBER 2017

**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	11/6 BBQ *Rib Sandwich	11/7 Nachos Supreme	11/1 Spicy Chicken Sandwich	11/2 Mini Corn Dogs	11/3 French Toast Sticks w/Syrup V
	11/13 Soft Shell Tacos	11/14 Jumbo Corn Dog	11/8 Macaroni & Cheese V	11/9 Chicken Nuggets	11/10 Chicken Quesadilla w/Salsa
	11/20 Double Dog Day Chili Cheese Dog	11/21 Cheesy Breadstick V	11/15 Salisbury Steak w/Roll	11/16 Hot Ham & Cheese Sandwich	11/17 BBQ *Rib Sandwich
	11/27 Chicken Strips w/Dipping Sauce	11/28 *Pepperoni Pasta Bake w/Roll	11/22 NO SCHOOL	11/23 Thanksgiving NO SCHOOL	11/24 NO SCHOOL
			11/29 Spicy Chicken Sandwich	11/30 Mini Corn Dogs	
Hot or Fresh Veggie	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
Fresh Wraps	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	Pepperoni	Pepperoni	Pepperoni	Pepperoni
Deli Shop	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
 - 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
3 Vegetable Servings & 1 Fruit Serving

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.



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

This Institution is an equal opportunity employer.