



October 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	10/2 Salisbury Steak w/Bread & Mashed Potatoes	10/3 Jumbo Corn Dog	10/4 School Improvement Day 1/2 Day No Lunch Served	10/5 Chicken Quesadilla w/Salsa	10/6 Institute Day No School
	10/9 Columbus Day No School	10/10 Build Your Own Deli w/Macaroni Salad	10/11 Chicken Nuggets w/Roll	10/12 *Pepperoni Pasta Bake	10/13 Spicy Sriracha Chicken Sandwich
	10/16 *BBQ Rib Sandwich	10/17 Tony's Flatbread Garlic Pizza ✓	10/18 Chicken Ranch Wrap w/Coleslaw	10/19 Chili Cheese Dog	10/20 Nachos Supreme
	10/23 Chicken Fajitas w/Spanish Rice	10/24 Cheesy Breadstick ✓	10/25 Macaroni & Cheese ✓	10/26 Popcorn Chicken Bowl	10/27 Hot & Spicy Chicken Tenders w/Roll
	10/30 Salisbury Steak w/Bread & Mashed Potatoes	10/31 Jumbo Corn Dog			
Hot or Cold Veggies	Romaine Salad Cherry Tomatoes Skinny Fries	Baby Carrots Salsa Cucumbers	Broccoli Buds Green Beans Pickle Spear	Golden Corn Baked Beans Cherry Tomatoes	Broccoli Hamburger Chips Marinara Sauce
	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken	Turkey Bacon Cajun Chicken
Grab n Go	Cheese ✓	Cheese ✓	Cheese ✓	Cheese ✓	Cheese ✓
	Pepperoni Or Sausage	Pepperoni Or Sausage	Pepperoni Or Sausage	Pepperoni Or Sausage	Pepperoni Or Sausage
Pizza Selections	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Deli Stop	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken
Fresh Salads					

featuring...



Pumpkin

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 cookie on The 2nd with a Hot lunch. National Homemade Cookie Day is the 1st

✓=vegetarian option available

*Contains or may contain pork ingredients.



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