



**OCTOBER 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	10/2 Chicken Strips w/ Dipping Sauce	10/3 *Pepperoni Pasta Bake w/Roll	10/4 School Improvement Day 1/2 Day No Lunch Served	10/5 Mini Corn Dogs	10/6 Institute Day No School
	10/9 Columbus Day No School	10/10 Nachos Supreme	10/11 Macaroni & Cheese w/Roll V	10/12 Chicken Nuggets	10/13 Chicken Quesadilla w/Salsa
	10/16 Soft Tacos	10/17 Jumbo Corn Dog	10/18 Salisbury Steak w/Mashed Potatoes & Bread	10/19 Hot Ham & Cheese Sandwich	10/20 BBQ *Rib Sandwich
	10/23 Chili Cheese Dog	10/24 Cheesy Breadstick V w/Marinara Sauce	10/25 *Pepperoni Calzone w/Dipping Sauce	10/26 Popcorn Chicken w/Roll	10/27 Nachos Supreme
	10/30 Chicken Strips w/Dipping Sauce	10/31 *Pepperoni Pasta Bake w/Roll			
Hot or 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
	Cheese V Pepperoni	Cheese V Pepperoni	Cheese V Pepperoni	Cheese V Pepperoni	Cheese V Pepperoni
Pizza Selections	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
	Julienne Salad	Crispy Chicken Salad	Julienne Salad	Taco Salad	Crispy Chicken Salad
Fresh Salads	Crispy Chicken Salad	Julienne Salad	Crispy Chicken Salad	Julienne Salad	Julienne Salad

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  
3 Vegetable Servings & 1 Fruit Serving

Comprehensive nutrition and allergy guides are available in the Foodservice Office

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

V=vegetarian option available

\*Contains or may contain pork ingredients.



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