



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

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatball Bomber Sub	2 *BBQ Rib Patty On a Roll	3 **Baked Penne Pasta	4 Crunchy Mini Corn Dogs	5 Garlic Flatbread Pizza
8 NO SCHOOL	9 **Salisbury Steak Mashed Potatoes	10 HALF DAY NO LUNCH SERVED	11 Chicken Parmesan Sandwich	12 NO SCHOOL
15 Walking Tacos w/Sour Cream	16 Breadsticks w/Marinara Sauce	17 **Chicken Alfredo	18 Western BBQ Burger	19 Homemade Taco Pizza
22 Chicago Style Hot Dog	23 Baked Cheese Quesadilla	24 **Oven Baked Mac & Cheese	25 Chicken Nuggets w/Waffle	26 BBQ Chicken Pizza
29 Grilled Chicken On a Pretzel Roll	30 Bacon Cheeseburger	31 HAPPY HALLOWEEN Rotini w/Meat Sauce Halloween Treat		

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**

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.



Dixon School District #170
 High School Lunch Menu
 October 2018

Lunch
\$2.65

Milk
\$.55

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.