



September 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	9/4 Labor Day NO SCHOOL 9/11 Bacon Chicken Melt Sandwich 9/18 BBQ *Rib Sandwich 9/25 Chicken Fajitas w/Spanish Rice	9/5 Jumbo Corn Dog 9/12 Build Your Own Deli Macaroni Salad 9/19 Flatbread Garlic Pizza ✓ 9/26 Cheesy Breadstick ✓	9/6 Nachos Supreme 9/13 Chicken Nuggets w/Roll 9/20 Chicken Ranch Wrap Coleslaw 9/27 Macaroni & Cheese ✓	9/7 Chicken Quesadilla 9/14 *Pepperoni Pasta Bake 9/21 Chili Cheese Dog 9/28 Popcorn Chicken Bowl w/Mashed Potatoes	9/1 Hot & Spicy Chicken Tenders w/Roll 9/8 *Monte Cristo Chicken Sandwich 9/15 School Improvement Day 1/2 Day No Lunch Served 9/22 Nachos Supreme 9/29 Hot & Spicy Chicken Tenders w/Roll
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 ✓	Cheese ✓	Cheese ✓	Cheese ✓	Cheese ✓
	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage	Pepperoni or Sausage
Deli Stop	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese	Turkey & Cheese Ham & Cheese
Fresh Salads	Crispy Chicken Grilled Chicken	Crispy Chicken Grilled Chicken	Julienne Salad Grilled Chicken	Crispy Chicken Grilled Chicken	Crispy Chicken Julienne Salad

featuring...



Potato

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 pudding dessert with a hot lunch on the 19th for National Butterscotch Pudding Day

✓=vegetarian option available

*Contains or may contain pork ingredients.



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