



**SEPTEMBER 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

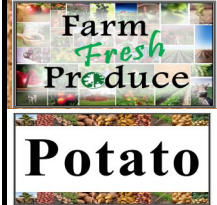
Lunch - RMS \$2.65 Milk 55¢  
Madison \$2.60



For more information or to "Ask the Dietitian", check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Special</b>	9/4 <b>LABOR DAY</b> <b>NO SCHOOL</b>  9/11 BBQ *Rib Sandwich  9/18 Soft Shell Tacos  9/25 Chili Cheese Dog	9/5 Pepperoni Pasta Bake  9/12 Nachos Supreme  9/19 Jumbo Corn Dog  9/26 Cheesy Breadstick ✓	9/6 Spicy Chicken Sandwich  9/13 Macaroni & Cheese ✓  9/20 Salisbury Steak w/Roll  9/27 *Pepperoni Calzone	9/7 Mini Corn Dogs  9/14 Chicken Nuggets  9/21 Hot Ham & Cheese Sandwich  9/28 Popcorn Chicken	9/1 Nachos Supreme  9/8 French Toast Sticks w/Syrup ✓  9/15 <b>SCHOOL IMPROVEMENT</b> <b>1/2 DAY</b> <b>No Lunch Served</b>  9/22 *BBQ Rib Sandwich  9/29 Nachos Supreme
<b>Hot or Fresh Veggie</b>	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
<b>Fresh Wraps</b>	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken	Turkey & Bacon Cajun Chicken
<b>Pizza Selections</b>	Cheese ✓	Cheese ✓	Cheese ✓	Cheese ✓	Cheese ✓
	Pepperoni	Pepperoni	Pepperoni	Pepperoni	Pepperoni
<b>Deli Shop</b>	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
<b>Fresh Salads</b>	Crispy Chicken Salad	Julienne Salad	Crispy Chicken Salad	Julienne Salad	Julienne Salad

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

✓=vegetarian option available

\*Contains or may contain pork ingredients.