



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
2	3	4	5	6
NO SCHOOL	Breadsticks w/Marinara Sauce	**Chicken Alfredo	Western BBQ Burger	Homemade Taco Pizza
9	10	11	12	13
Chicago Style Hot Dog	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Chicken Nuggets w/Waffle	BBQ Chicken Pizza
16	17	18	19	20
Grilled Chicken On a Roll	*Bacon Cheeseburger	Rotini w/Meat Sauce	HALF DAY NO LUNCH SERVED	Buffalo Chicken Pizza
23	24	25	26	27
Meatball Sub w/Cheese	*BBQ Rib Patty On a Roll	**Pepperoni* Pasta Bake	Crunchy Mini Corn Dogs	Garlic Flatbread Pizza
30				
*Bacon Cheeseburger				
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.
 This institution is an equal opportunity employer.



Dixon School District #170 High School Lunch Menu SEPTEMBER 2019

Lunch
\$2.65
 Milk is included with Meal

Milk
\$ 0.55
 A Variety of Milk is Offered Daily

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!


arbormgt.com



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.