



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL	4 **Salisbury Steak Mashed Potatoes	5 **Pasta w/Meat Sauce	6 Chicken Parmesan Sandwich	7 Homemade Cheese Pizza
10 Walking Tacos w/Sour Cream	11 Breadsticks w/Marinara Sauce	12 **Chicken Alfredo	13 Western BBQ Burger	14 Homemade Taco Pizza
17 Chicago Style Hot Dog	18 Baked Cheese Quesadilla	19 **Oven Baked Mac & Cheese	20 HALF DAY NO LUNCH SERVED	21 BBQ Chicken Pizza
24 Grilled Chicken On a Pretzel Roll	25 Bacon Cheeseburger	26 Rotini w/Meat Sauce	27 Chicken Parmesan Sandwich	28 Buffalo Chicken Pizza

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**

Daily Choices

Daily Pizza Options

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 September 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.