

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22 "Cookie"	23
			HALF DAY NO LUNCH	Grilled Hot Dog w/Fixings BBQ Baked Beans	Cheesy Garlic Bread Flatbread
	26	27	28	29	30
	Popcorn Chicken w/Corn Bread	Baked Cheese Quesadilla	Beef & Bean Burrito Mexican Corn	Crunchy Mini Corn Dog Nuggets	Grilled Cheese Burger
Fresh Fruit & Veggie Bar available daily with all lunches					
Crispy or Grilled Chicken Sandwich Grilled Burgers Nacho Supreme with Zesty Salsa and Jalapeños					
	Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Cheesy Garlic Flatbread	Cheese or Turkey Sausage
	Turkey and Cheese Wrap	Chicken Caesar Wrap	Turkey and Cheese Sub Lettuce/Tomato	Southwest Chicken Wrap	Turkey and Cheese Wrap
	Crispy Chicken Salad or Grilled Chicken Salad	Southwest Crispy Chicken Salad	Crispy Chicken Salad or Grilled Chicken Salad	Southwest Crispy Chicken Salad	Vegetarian Chef Salad or Chef Salad (Turkey & Cheese)
V=Vegetarian option available **Served with a roll *Contains or may contain pork ingredients.					

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

Daily
Choices

Daily
Pizza
Options

Wraps

Fresh
Salads



La Grange School
District Park Junior High
August 2019

Lunch
\$2.95
Milk is
Included
With Meal

Milk
\$.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!

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

Questions about the menu?
Neicy Wicks
arbor@dist102.k12.il.us
708-215-7095

Comprehensive nutrition & allergy guides are available in the Foodservice Office.