



	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
	NO SCHOOL LABOR DAY	Meatball Bomber On A Roll	Grilled Chicken Sandwich Steamed Carrots	Hot Dog w/Fixings	Stuffed Crust Pizza
	9	10	11	12	13
	Juicy Cheeseburger	Turkey Cheese Melt	Walking Tacos w/Scoops Steamed Corn	Chicken Nuggets w/Corn Bread	Turkey Sausage Pizza
	16	17	18	19	20
	**Chicken Tenders	Grilled Hot Dog w/Fixings	Popcorn Chicken Bowl	Mini Corn Dog Nuggets	Pizza Dippers w/Red Sauce
	23	24	25	26	27
	Grilled Chicken Sandwich	Bacon Burger Tri-Tater (1)	2 Soft Tacos Seasoned Black Beans	Meatball Bomber On A Roll	Cheesy Garlic Flat Bread
	30				
	Turkey Cheese Melt				
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)

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

Daily

Daily
Pizza
Options

Wraps

Fresh
Salads



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.



La Grange School
District Park Junior High
September 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~



arbor online
arbormgt.com



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.