



	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Daily Special</b> Includes fruit and vegetable choices, whole grain breads and rolls and milk	Join us in November as we celebrate the season with a different squash or sweet potato each week			1 French Toast Sticks V Sweet Maple Syrup Crispy Tri-Tater	2 Mini Corn Dogs Fresh Made Coleslaw
	5 *BBQ Rib Sandwich Baked Maple Sweet Potato	6 Teacher Institute Day No School	7 Chicago Style Hot Dog with all the Trimmings	8 Buttermilk Pancakes V Seasoned Turkey Sausage Patty	9 Baked Lasagna Rolls with Mozzarella Cheese and Garlic Bread
	12 Pizza Grilled Cheese Homemade Black Bean & Corn Salsa	13 **Crispy Chicken Strips Baked Potato Rounds	14 **Salisbury Steak Smashed Potatoes and Gravy	15 Rotini Pasta with Meat sauce & Garlic Bread	16 Sweet & Spicy Sticky Chicken Finger Wrap Sweet Potato Puffs
	19 Pizza Grilled Cheese Homemade Black Steamed Zucchini With Basil	20 **Crispy Chicken Strips Baked Potato Rounds	21 22 23 <b>HAPPY THANKSGIVING.....NO SCHOOL</b>		
	26 French Toast Sticks V Sweet Maple Syrup Crispy Tri-Tater	27 Tasty Soft Tacos with Salsa & Jalapeños Refried Beans	28 Mini Corn Dogs Fresh Made Coleslaw	29 Homemade Cheese Quesadilla V Steamed Fresh Yellow Squash & Zucchini Mix	30 Western Burger with Sweet BBQ Sauce and Onion Straws
	<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
	<b>Crispy Regular or Spicy Baked Chicken Sandwich</b> <b>Char Grilled Hamburgers and Cheeseburgers</b> <b>Fiesta Nacho Supreme with Turkey Taco Meat and Cheese</b>				
	<b>Daily Pizza Options</b> Italian Cheese V or Pepperoni Pizza	Personal Pan Pizza V	Italian Cheese V or Italian Pizza Dippers V	Stuffed Crust Cheese Pizza	Italian Cheese V or Pepperoni Pizza
	<b>Fresh Deli</b> Buffalo Style Chicken Wrap	Chicken Caesar Wrap	Southwest Chicken Wrap	Turkey & Cheese with Lettuce & Tomato	Chicken Ranch Wrap
	<b>Fresh Salads</b> Crispy Chicken Ranch Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Buffalo Chicken Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Southwest Chicken Salad & Fresh Veggie Mixed Garden V
 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.



Skokie SD 68  
Junior High School  
NOVEMBER 2018

**Lunch**  
\$2.90

**Milk**  
\$.65

**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?  
Marv Barishman  
arbor@skokie68.org  
847-568-7586

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