

	Monday	Tuesday	Wednesday	Thursday	Friday	
3	Meatball Marinara Sand & Melted Mozzarella Cheese Fruit & Veggie Bar	**Crispy Chicken Strips Fresh Bean & Corn Salsa Fruit & Veggie Bar	BBQ Chicken Teriyaki Brown Rice & Broccoli Fruit & Veggie Bar	French Toast Sticks V Sweet Maple Syrup Fruit & Veggie Bar	Mini Corn Dogs Fresh Made Coleslaw Fruit & Veggie Bar	
10	*BBQ Rib Sandwich Baked Potato Rounds Fruit & Veggie Bar	Homemade Mac n' Cheese V Steamed Broccoli Fruit & Veggie Bar	Chicken Nuggets w/Whole Grain Roll Fruit & Veggie Bar	Fresh-Cut Fruit Plate V with Fruity Yogurt and Graham Bears Fruit & Veggie Bar	Baked Lasagna Rolls V with Mozzarella Cheese and Garlic Bread Fruit & Veggie Bar	
17	Pizza Grilled Cheese V Homemade Black Bean & Corn Salsa Fruit & Veggie Bar	Crispy Chicken Strips & Whole Grain Roll Baked Potato Rounds Fruit & Veggie Bar	Salisbury Steak & Roll Smashed Potatoes and Gravy Fruit & Veggie Bar	Rotini Pasta w/Meat sauce & Garlic Bread Fruit & Veggie Bar	Fish Fillet Sandwich with Cheese Crispy Tri-Tater Free Special Brownie Fruit & Veggie Bar	
24	HAPPY HOLIDAYS! WINTER BREAK- NO SCHOOL					
25						Join us December 21st for a FREE "Snowy Top Mini Brownie" served with each lunch meal Happy Holidays!
31	Winter Break No School					
Fresh Fruit & Veggie Bar available daily with all lunches						
Crispy Regular or Spicy Baked Chicken Sandwich Char Grilled Hamburgers and Cheeseburgers Fiesta Nacho Supreme with Turkey Taco Meat and Cheese						
Daily Pizza Options	Italian Cheese V or Pepperoni Pizza	Personal Pan Pizza V	Italian Cheese V or Italian Pizza Dippers V	Stuffed Crust V Cheese Pizza	Italian Cheese V or Pepperoni Pizza	
Fresh Deli	Buffalo Style Chicken Wrap	Chicken Caesar Wrap	Southwest Chicken Wrap	Turkey & Cheese with Lettuce & Tomato	Chicken Ranch Wrap	
Fresh Salads	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=All Vegetarian option *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
Fresh Deli
Fresh Salads



Skokie SD 68
Junior High School
DECEMBER 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.

Menu changes are occasionally necessary.
Notice will be given when Possible