



Monday	Tuesday	Wednesday	Thursday	Friday
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HAPPY NEW YEAR! WINTER BREAK- NO SCHOOL

7	8	9	10	11
Italian Meatball Sandwich w/Mozzarella Cheese Green Peas Baked Hash Browns	Crispy Chicken Strips with Whole Grain Roll Sweet Potato Fries Mixed Veggies	Cheesy Garlic Flatbread Steamed Broccoli BBQ Baked Beans	French Toast Sticks V Sweet Maple Syrup Potato Rounds Steamed Carrots	Baked Mini Corn Dogs Fresh Made Coleslaw Steamed Spinach
14	15	16	17	18
*BBQ Rib Sandwich On Whole Grain Bun Baked Potato Rounds Steamed Spinach	Homemade Mac n' Cheese V Steamed Carrots Baked Beans	Chicken Nuggets w/Whole Grain Roll Green Peas Sliced Cucumbers Mini Bluberry Parfait w/Lunch Purchase	Fresh-Cut Fruit Plate V With Fruity Yogurt & WG Animal Crackers Mixed Veggies Diced Tomatoes	Baked Lasagna Rolls V w/Mozzarella Cheese and Garlic Bread Sweet Potato Fries Steamed Broccoli
21	22	23	24	25
MARTIN LUTHER KING DAY NO SCHOOL	Crispy Chicken Strips With Whole Grain Roll Baked Potato Rounds Steamed Carrots	**Salisbury Steak Smashed Potatoes and Gravy Sliced Cucumbers Steamed Broccoli	Rotini Pasta w/Meat sauce & Garlic Bread Zucchini Sweet Potato Fries	Fish Fillet Sandwich with Cheese BBQ Baked Beans Steamed Spinach
28	29	30	31	
French Toast Sticks V Sweet Maple Syrup Baked Potato Rounds Steamed Broccoli	Tasty Soft Turkey Tacos with Salsa & Jalapeños Garbanzo Beans Diced Tomatoes	Baked Mini Corn Dogs Fresh Made Coleslaw Mixed Veggies	Homemade Cheese Quesadilla V Baked Hash Browns Sliced Cucumbers	Mini Berry Parfait with each meal 1/16

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
Nacho Supreme with zesty salsa and jalapeños

Italian Cheese V or Pepperoni Pizza	Personal Pan Pizza V	Italian Cheese V or Pepperoni Pizza	Stuffed Crust V Cheese Pizza	Italian Cheese V or Pepperoni Pizza
Chicken Caesar Wrap	Turkey & Cheese with Lettuce	Chicken Caesar Wrap	Turkey & Cheese with Lettuce	Chicken Caesar Wrap
Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar 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.

Daily fresh Veggie Cuts and Fruits, at Daily Fruit & Veggie Bar



Skokie SD 68
Old Orchard Junior
High School
JANUARY 2019

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.

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

Daily Choices
Pizza Options
Fresh Deli
Fresh Salads

