

	Monday	Tuesday	Wednesday	Thursday	Friday
		<div style="border: 2px solid blue; padding: 5px; text-align: center;"> JOIN US FOR SPECIAL OFFERING of CHERRY YOGURT EVERY MONDAY IN FEB AT BREAKFAST MEAL </div>			1
					Parent/Teacher Conference Day NO SCHOOL
4	*BBQ Rib Sandwich On Whole Grain Bun Baked Potato Rounds Steamed Spinach	5 Homemade Mac n' Cheese V Steamed Carrots BBQ Baked Beans	6 Chicken Nuggets with a Whole Grain Roll Green Peas Sliced Cucumbers	7 Fresh-Cut Fruit Plate V With Fruity Yogurt & WG Animal Crackers Mixed Veggies Diced Tomatoes	8 Baked Lasagna Rolls V with Mozzarella Cheese and Garlic Bread Baked Sweet Potato Fries Chilled Broccoli Buds
11	Pizza Grilled Cheese With Tomato Herb Dip Baked Sweet Potato Fries Chilled Broccoli Buds	12 Crispy Chicken Strips With Whole Grain Roll Baked Potato Rounds Chilled Carroteenies	13 Cheese Stuffed Whole Grain Sticks V Sliced Cucumbers Green Peas	14 Rotini Pasta with Meat sauce & Garlic Bread Baked Sweet Potato Fries Chilled Celery Sticks	15 Fish Fillet Sandwich with Cheese BBQ Baked Beans Steamed Spinach
18	PRESIDENTS' DAY NO SCHOOL	19 Tasty Soft Turkey Tacos with Salsa & Jalapeños Refried Beans Diced Tomatoes	20 Mini Corn Dogs Fresh Made Coleslaw Baked Tater Tots Green Beans	21 Homemade Cheese Quesadilla V Steamed Carrots Chilled Broccoli Buds	22 Western Burger with BBQ Sauce & onion "straws" Whole Kernel Corn Green Peas
25	French Toast Sticks V Sweet Maple Syrup Baked Potato Rounds Chilled Broccoli Buds	26 Toasted Cheese Sandwich Garbanzo Beans Baked Sweet Potato Fries	27 Baked Mini Corn Dogs Fresh Made Coleslaw Carroteenies	28 Cheese Stuffed Whole Grain Sticks V Baked Hash Browns Sliced Cucumbers	
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					
Daily Special Includes fruit and vegetable choices, whole grain breads and rolls and milk	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
Daily Choices	Chicken Caesar Wrap	Turkey & Cheese with Lettuce & Tomato	Chicken Caesar Wrap	Turkey & Cheese with Lettuce & Tomato	Chicken Caesar Wrap
Daily Pizza Options	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
Fresh Deli					
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.

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



Skokie SD 68
 Old Orchard Junior
 High School
 FEBRUARY 2019

Lunch
\$2.90
 Milk is included with Meal

Milk
\$.65
 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!

arbor online
 arboronline.com

Questions about the menu?
 Marv Barishman
 arbor@skokie68.org
 847-568-7586

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