

	Monday	Tuesday	Wednesday	Thursday	Friday
				FEB 28	MARCH 1
	<b>Celebrate National Nutrition Month Choose Wisely!</b>		<b>Calorie Counts Posted at Snack Window all Month</b>		Teacher Institute Day No School
	4	5	6	7 <b>LUCKY TRAY</b>	8
	Meatball Sandwich with Mozzarella Cheese Steamed Broccoli Whole Kernel Corn	Homemade Mac n' Cheese V Carroteenies Garbanzo Beans	Chicken Nuggets with a Whole Grain Roll Green Peas Sliced Cucumbers	Fresh-Cut Fruit Plate V With Fruity Yogurt and WG Animal Crackers Mixed Veggies Diced Tomatoes	Baked Lasagna Rolls V with Mozzarella Cheese and Garlic Bread Steamed Carrots Chilled Broccoli Buds
	11	12	13	14 <b>LUCKY TRAY</b>	15
	Pizza Grilled Cheese V With Tomato Herb Dip Carroteenies Steamed Broccoli	Crispy Chicken Strips With Whole Grain Roll Baked Hash Browns BBQ Baked Beans	Cheese Stuffed Whole Grain Sticks V Sliced Cucumbers Green Peas	Rotini Pasta with Meat sauce & Garlic Bread Whole Kernel Corn Chilled Celery Sticks	Fish Fillet Sandwich with Cheese Baked Beans Steamed Spinach
	18	19	20	21 <b>LUCKY TRAY</b>	22
	French Toast Sticks V Sweet Maple Syrup Baked Hash Browns Steamed Spinach	Tasty Soft Turkey Tacos with Salsa & Jalapeños Garbanzo Beans Diced Tomatoes	Whole Grain Mini Turkey Corn Dogs Whole Kernel Corn Baked Tater Tots	Homemade Cheese Quesadilla V Carroteenies Steamed Broccoli	<b>NO STUDENT ATTENDANCE DAY</b>  <b>NO SCHOOL</b>
	25	26	27	28 <b>LUCKY TRAY</b>	29
	<b>SPRING BREAK NO SCHOOL</b>				
	<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
	Crispy Regular or Spicy Baked Chicken Sandwich Char Grilled Hamburgers and Cheeseburgers Fiesta Nacho Supreme with Turkey Taco Meat and Cheese Nachos 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				

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  
Old Orchard Junior  
High School  
MARCH 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!

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

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