



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

Daily Special

Daily Choices  
Daily Pizza  
Daily Fresh Deli Salads



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 <b>LUCKY TRAY</b>	5
Italian Meatball Sandwich with Cheese Steamed Broccoli	Whole Grain Chicken Nuggets Sliced Cucumbers Green Peas	Baked Cheese Stuffed Whole Grain Sticks V Green Beans Carroteenies	French Toast Sticks V Sweet Maple Syrup Crispy Hash Browns Diced Tomatoes	Fish Fillet Sand/Cheese Mini Baked Corn Dogs With Whole Grain Crust Fresh Made Coleslaw
8	9	10	11 <b>LUCKY TRAY</b>	12
*BBQ Rib Sandwich On Whole Grain Bun Whole Kernel Corn Steamed Spinach	Homemade Mac n' Cheese V Carroteenies BBQ Baked Beans	Chicken Nuggets w/Whole Grain Crust & Whole Grain Roll Green Peas Sliced Cucumbers	Fresh-Cut Fruit Plate V With Fruity Yogurt and WG Animal Crackers Green Beans Chilled Broccoli Buds	Cheesy Garlic Whole Grain Flatbread Pizza V Garbanzo Beans Steamed Carrots
15	16	17	18 <b>LUCKY TRAY</b>	19
Pizza Grilled Cheese V With Tomato Herb Dip Carroteenies Steamed Broccoli	Crispy Chicken Strips With Whole Grain Roll Baked Hash Browns BBQ Baked Beans	Baked Cheese Stuffed Whole Grain Sticks V Sliced Cucumbers Green Peas	W.G. Rotini Pasta with Meat sauce & Whole Grain Roll Whole Kernel Corn Chilled Celery Sticks	<b>GOOD FRIDAY</b>  <b>NO SCHOOL</b>
22	23	24	25 <b>LUCKY TRAY</b>	26
Tasty Soft Tacos with Salsa & Jalapeños Garbanzo Beans Baked Potato Rounds	Baked Cheese Stuffed Whole Grain Sticks V Green Beans Carroteenies	Mini Baked Corn Dogs With Whole Grain Crust Fresh Made Coleslaw Steamed Zucchini	Cheese Stuffed Whole Grain Sticks V Baked Hash Browns Sliced Cucumbers	Western Burger with BBQ Sauce & onion "straws" Whole Kernel Corn Green Peas
29	30			"SPRING FLING" -
Southern Style Chicken & Waffle Sandwich with Syrup	Grilled Cheese V Sandwich and Creamy Tomato Soup		<b>WATCH FOR OUR SPICE &amp; HERB "SPRING FLING" DAILY SPICE ADDS</b>	Daily Spice Shaker Add-ons Available All Month While They Last

**Fresh Fruit & Veggie Bar available daily with all lunches**

Crispy Regular or Spicy Baked Chicken Sandwich  
Char Grilled Hamburgers and Cheeseburgers  
Nacho Supreme with Turkey taco Meat ,Shredded Cheese with zesty jalapenos (Tues & Thurs Only)

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

=Vegetarian option available

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

Contains or may contain pork ingredients.

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



Skokie SD 68  
Old Orchard Junior  
High School  
APRIL 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  
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847-568-7586

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