

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Cinco De Mayo Special</b> May 3 Join us		1	2 <b>LUCKY TRAY</b>	3 <b>SPECIAL MENU</b>
			Baked Cheese Stuffed Whole Grain Sticks V Green Beans Carroteenies	French Toast Sticks V Sweet Maple Syrup Crispy Hash Browns Diced Tomatoes	Turkey Tacos & Cheese Or Cheese Quesadilla Steamed Mexi-Corn Refried Beans & Salsa
6	7	8	9 <b>LUCKY TRAY</b>	10	
*BBQ Rib Sandwich On Whole Grain Bun Whole Kernel Corn Steamed Spinach	Homemade Mac n' Cheese V Whole Grain Roll Carroteenies BBQ Baked Beans	Chicken Nuggets With A Whole Grain Crust And 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	
13	14	15	16 <b>LUCKY TRAY</b>	17	
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	Whole Grain Rotini Pasta with Meat sauce & Whole Grain Roll Whole Kernel Corn Chilled Celery Sticks	Fish Fillet Sandwich On Whole Grain Bun with Cheese BBQ Baked Beans Steamed Spinach	
20	21	22	23 <b>LUCKY TRAY</b>	24	
Tasty Soft Whole Grain Tacos with Salsa & Jalapeños Garbanzo Beans Baked Potato Rounds	Baked Cheese Stuffed Whole Grain Sticks V With Tomato Herb Dip 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	
27	28	29	30 <b>LUCKY TRAY</b>	31	
MEMORIAL DAY  NO SCHOOL	Grilled Cheese V Sandwich and Creamy Tomato Soup Baked Beans Steamed Carrots	Hummus, Pita, and Fresh Veggie Plate Baked Potato Rounds Steamed Broccoli	Whole Grain Buttermilk Pancakes V With Seasoned Turkey Sausage Patty Steamed Spinach	Popcorn Chicken Bowl And Whole Grain Roll w/Smashed Potatoes, Sweet Corn & Gravy	
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>					
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	
V=Vegetarian option available					
*Contains or may contain pork ingredients.					
Menu changes are occasionally necessary. Notice will be given when possible.					
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  
Pizza Options  
Fresh Deli  
Fresh Salads



Skokie SD 68  
Old Orchard Junior  
High School  
MAY 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.