

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5 LUCKY TRAY	6
	Labor Day No School	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 Sweet Potato & Pineapple	Fish Fillet Sand/Cheese Mini Baked Corn Dogs With Whole Grain Crust Fresh Made Coleslaw BBQ Baked Beans
	9	10	11	12 LUCKY TRAY	13
	*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 Whole Grain Animal Crackers Green Beans Chilled Broccoli Buds	Cheesy Garlic Whole Grain Flatbread Pizza V Garbanzo Beans Steamed Carrots
	16	17	18	19 LUCKY TRAY	20
	Pizza Grilled Cheese V With Tomato Herb Dip Carroteenies Steamed Broccoli	Crispy Chicken Strips With Whole Grain Roll Garbanzo Beans BBQ Baked Beans	Baked Cheese Stuffed Whole Grain Sticks V Sliced Cucumbers Sweet Potato Tots	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
	23	24	25	26	27
	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 Sweet potato	Cheese Stuffed Whole Grain Sticks V Baked Hash Browns Sliced Cucumbers	Western Burger with BBQ Sauce & onion "straws" Whole Kernel Corn Green Peas
	30				
	Rosh Hashanah No School				
	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 jalapeños (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				
	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				

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
SEPTEMBER 2019

Lunch
\$3.00
Milk is included
with Meal

Milk
\$.65
A Variety of Milk
is Offered Daily

**Watch For Our
Sweet Potato
Special Items**

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!


arbormgt.com



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?
Susan Goriel
arbor@skokie68.org
847-568-7586

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