

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
	5	6	7	8	9
	12	13	14	15	16
	WELCOME BACK !!!				
	19	20	21	22	23
	26	27	28	29 LUCKY TRAY	30
	INSTITUTE DAY NO SCHOOL	Grilled Cheese V Sandwich and Creamy Tomato Soup Baked Beans Steamed Carrots	Baked Cheese Stuffed Whole Grain Sticks V With Tomato Herb Dip Green Beans Sliced Cucumbers	Buttermilk Pancakes V With Seasoned Turkey Sausage Patty Steamed Spinach Whole Kernel Corn	Cheesy Garlic Flatbread Pizza With Whole Grain Crust Steamed Zucchini Carroteenies
	Crispy Regular or Spicy Baked Chicken Sandwich Char Grilled Hamburgers and Cheeseburgers Nacho Supreme with Turkey taco Meat, Shredded Cheese with Zesty Jalapeños (Tuesday & Thursday Only)				
	Italian Cheese or Pepperoni Pizza	Personal Pan Pizza	Italian Cheese or Max Cheese	Stuffed Crust Cheese Pizza	Italian Cheese or Pepperoni Pizza
	Chicken Caesar	Turkey & Cheese with Lettuce	Chicken Caesar	Turkey & Cheese with Lettuce	Chicken Caesar
	Crispy Chicken Ranch Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Buffalo Chicken Salad & Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad & Fresh Veggie Mixed Garden V	Crispy Southwest Chicken 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
Daily Pizza
Daily Deli
Fresh Salads



Skokie SD 68
Old Orchard Junior
High School
AUGUST 2019

Lunch
\$3.00
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!

arbor online
arborngt.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.