

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6 LUCKY TRAY	7
	Italian Meatball Sandwich w/Mozzarella Cheese Steamed Spinach	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 Birthday Treat	Fish Fillet Sandwich w/Cheese Fresh Made Coleslaw Fruit & Veggie
	10	11	12	13 LUCKY TRAY	14
	*BBQ Rib Sandwich On Whole Grain Bun Whole Kernel Corn Steamed Spinach	Homemade Macaroni & Cheese V Whole Grain Roll Carroteenies BBQ Baked Beans	Chicago Style Hot Dog With all the Trimmings Sliced Cucumbers Spicy French Fries	Baked Cheese Stuffed Whole Grain Sticks V With Tomato Herb Dip Green Beans Chilled Broccoli Buds	Baked Lasagna Rolls With Mozzarella Cheese Garbanzo Beans Steamed Carrots
	17	18	19	20 LUCKY TRAY	21
	Presidents' Day No School	Crispy Chicken Strips With Whole Grain Roll BBQ Baked Beans Carroteenies	Savory Salisbury Steak Mashed Potatoes And Gravy Chilled Broccoli Buds	Whole Grain Rotini Pasta w/Meat Sauce & Whole Grain Roll Whole Kernel Corn Chilled Celery Sticks	Fish Fillet Sandwich w/Cheese Baked Hash Browns Carroteenies
	24	25	26	27 LUCKY TRAY	28
	Tasty Soft Whole Grain Tacos w/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 w/Whole Grain Crust Fresh Made Coleslaw Sliced Cucumbers	Homemade Macaroni & Cheese V Baked Hash Browns Steamed Spinach	Western Burger w/BBQ Sauce & Onion "Straws" Whole Kernel Corn Baked Potato Tots
	Crispy Regular or Spicy Baked Chicken Sandwich Char Grilled Hamburgers, Cheeseburgers or Plant Based Burgers—New! Nacho Supreme with Turkey Taco Meat, Shredded Cheese with Zesty Jalapeños (Tues & Thurs Only)				
	NEW Plant Based-Meatless Meatball Sub	NEW Plant Based Buddha Bowl	NEW Plant Based Lentil Pasta Marinara	NEW Plant Based Chicken-less Nuggets	NEW Plant Based Southwest Chicken-less Wrap
	Italian Cheese V or Pepperoni Pizza	Personal Pan Pizza V	Italian Cheese V or Pepperoni Pizza	Stuffed Crust Cheese Pizza V	Italian Cheese V or Pepperoni Pizza
	Chicken Caesar Wrap	Turkey & Cheese with Lettuce & Tomato	Chicken Caesar Wrap	Turkey & Cheese with Lettuce & Tomato	Chicken Caesar Wrap
	Crispy Chicken Caesar Salad or Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad or Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad or Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad or Fresh Veggie Mixed Garden V	Crispy Chicken Caesar Salad or Fresh Veggie Mixed Garden V
	V=Vegetarian option available **Served with a roll *Contains or may contain pork ingredients.				

Daily Special
Includes fruit and vegetable choices,
whole grain breads or rolls and milk

Daily Choices
NEW!
Plant Based Entrées
Pizza Choices
Fresh Deli
Fresh Salads



Skokie SD 68
Old Orchard Junior
High School
February 2020

Lunch
\$3.00
Milk is included with Meal

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

Fruit & Veggie Bar available daily with all lunches

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
- ✓ Plant based entrée options

~Arbor Management~

Make Choices for a Healthy Lifestyle!



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.

