



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

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Southern Style Chicken & Waffle Sandwich with Syrup Fruit & Veggie	3 Grilled Cheese V Sandwich and Creamy Tomato Soup Fruit & Veggie	4 Pasta Bar & Whole Grain Roll Fruit & Veggie	5 LUCKY TRAY Cheesy Garlic Whole-Grain Flatbread Pizza V Fruit & Veggie	6 Fish Fillet Sandwich w/Cheese Fruit & Veggie
9 Italian Meatball Sandwich With Mozzarella Cheese Fruit & Veggie	10 Whole Grain Chicken Nuggets Fruit & Veggie	11 Whole Grain Rotini Pasta w/Meat Sauce & Whole Grain Roll Fruit & Veggie	12 LUCKY TRAY French Toast Sticks V Sweet Maple Syrup Spicy French Fries Fruit & Veggie	13 Mini Baked Corn Dogs w/Whole Grain Crust Fruit & Veggie
16 *BBQ Rib Sandwich On Whole Grain Bun Fruit & Veggie	17 Homemade Macaroni & Cheese V Whole Grain Roll Fruit & Veggie	18 Chicago Style Hot Dog With all the Trimmings Spicy French Fries Fruit & Veggie	19 LUCKY TRAY Italian Meatball w/Mozzarella Cheese Fruit & Veggie	20 Teachers/Student Non-Attendance Day No School
23 Spring Break No School	24 Spring Break No School	25 Spring Break No School	26 LUCKY TRAY Spring Break No School	27 Spring Break No School
30 Tasty Soft Whole Grain Tacos w/Salsa & Jalapeños Fruit & Veggie	31 Baked Cheese Stuffed Whole Grain Sticks V With Tomato Herb Dip Fruit & Veggie			
Crispy Regular or Spicy Baked Chicken Sandwich Char Grilled Hamburgers, Cheeseburgers or Plant Based Burgers—New! Nacho Supreme with Turkey Taco Meat, Shredded Cheese and 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.

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



Skokie SD 68 Old Orchard Junior High School March 2020

Lunch
\$3.00
Milk is included with Meal

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

**Fresh 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!

arbor online
arbormgmt.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.