



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Salisbury Steak Mashed Potatoes	Walking Tacos w/Scoops	Meatball/Country Gravy
6	7	8	9	10
Western Burger	Pepperoni Pizza	Turkey Hot Dog	Ravioli in Marinara Sauce	Pizza Burger
13	14	15	16	17
Chicken Quesadilla	*BBQ Ribette	Parmesan Chicken on a Roll	Pepperoni Pizza	Grilled Cheese
20	21	22	23	24
Spicy Chicken Sandwich	Mini Corn Dogs	**Chicken Tenders	Stuffed Crust Pizza	Chicken Nuggets
27	28	29	30	31
No School Holiday	Fiesta Nachos w/Toppings	**Popcorn Chicken	Cheddar Burger	Soft Shell Tacos

Fresh Fruit & Veggie Bar available daily with all lunches

Crispy or Grilled Chicken Sandwich
Grilled Burgers
Nacho Supreme with zesty salsa and jalapeños

Daily Choices
Daily Pizza Options
Wraps
Fresh Salads

Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Cheesy Garlic Flatbread	Cheese or Turkey Sausage
Turkey and Cheese Wrap	Chicken Caesar Wrap	Turkey and Cheese Sub Lettuce/Tomato	Southwest Chicken Wrap	Turkey and Cheese Wrap
Crispy Chicken Salad or Grilled Chicken Salad	Southwest Crispy Chicken Salad	Crispy Chicken Salad or Grilled Chicken Salad	Southwest Crispy Chicken Salad	Vegetarian Chef Salad or Chef Salad (Turkey & Cheese)

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.



Elementary SD 159 Colin Powell Lunch Menu May 2019

Lunch \$2.60
 Milk is included
 With Meal

Milk \$0.50
 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?
 Mykela Collins
 mkyler@dist159.com
 708-283-9733

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