



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

Daily Special

Daily Choices
Daily Pizza
Wraps
Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
	1 New Item	2	3	4
	Crispy Chicken Tenders Waffle Sticks	Salisbury Steak Mashed Potatoes	Sriracha Chicken On a Roll	Bacon Burger Tri-Tater (1)
7	8	9	10	11
Cheese Pizza	Grilled Cheese	**Chicken Tenders	Western Burger Tri-Tater (1)	Cheesy Garlic Flatbread
14	15	16 New Item	17	18
Holiday No School	Cheese Quesadilla	PizzaBoli w/Tomato Basil Dipping Sauce	Grilled Cheese	2 Soft Shell Tacos
21	22 New Item	23	24	25
Grilled Chicken On a Roll	**Crispy Chicken Drum Stick Spicy Crinkle Fries	Pasta w/Meat Sauce	Hot Dog	Pepperoni Pizza
28	29	30	31 New Item	
Meatball Bomber on a Roll	BBQ Ribette on a Roll	**Popcorn Chicken	Sloppy Joe w/Scoops	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy or Grilled Chicken Sandwich
Grilled Burgers
Nacho Supreme with Zesty Salsa and Jalapeños**

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 October 2019

Lunch \$2.70

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
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708-283-9733

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