



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
7	8	9	10	11
Juicy Cheddar Burger	Spicy Chicken Sandwich	2 Soft Shell Zesty Tacos	Grilled Cheese	*Chicken Nuggets Soft Pretzel
14	15	16	17	18
Western Burger	Turkey Sub w/Toppings	Bacon Bird Dog	*BBQ Ribette	Stuffed Pizza Sticks
21	22	23	24	25
No School Holiday	Cheesy Garlic Flatbread	Fiesta Nachos	Pizza Burger	Crispy Chicken on a Roll
28	29	30	31	
Stuffed Crust Pizza	Cheesy Hot Dog	Chicken Quesadilla	Meatballs/Country Gravy	

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 January 2019

Lunch
\$2.60

Milk
\$0.50

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?
 Mary Kyler
 mkyler@dist159.com
 708-283-9733

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

