

	Monday	Tuesday	Wednesday	Thursday	Friday
					1
					No School
4	5	6	7	8	
No School	Spicy Chicken Sandwich	2 Soft Shell Zesty Tacos	Fiesta Nachos	*Chicken Nuggets Soft Pretzel	
11	12	13	14	15	
Western Burger	Turkey Sub w/Toppings	Bacon Bird Dog	*BBQ Ribette	Stuffed Pizza Sticks	
18	19	20	21	22	
Turkey Sausage Pizza	Cheesy Garlic Flatbread	Fiesta Nachos	Pizza Burger	Crispy Chicken on a Roll	
25	26	27	28	29	
Stuffed Crust Pizza	Cheesy Hot Dog	Chicken Quesadilla	Meatballs/Country Gravy	Cheese Pizza	
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)
†=Vegetarian option available **Served with a roll *Contains or may contain pork ingredients.					

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

Daily Choices
 Daily Pizza
 Wraps
 Fresh Salads



Elementary SD 159 Colin Powell Lunch Menu March 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!


arbormgt.com



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.