



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Sriracha Chicken On a Roll	Bacon Burger Tri-Tater (1)
5	6	7	8	9
Walking Tacos w/ Sour Cream	No School	**Chicken Tenders	Western Burger Tri-Tater (1)	Cheesy Garlic Flatbread
12	13	14	15	16
Holiday No School	Baked Cheese Quesadilla	Bacon Bird Dog	Grilled Cheese	2 Soft Shell Tacos
19	20	21	22	23
Grilled Chicken On a Roll	Smothered Meatballs Over Mashed Potatoes	Fall Break No School	Holiday No School	Fall Break No School
26	27	28	29	30
Meatball Bomber On a Roll	BBQ Ribette On a Roll	**Chicken Tenders	Crunchy Corn Dogs Tri-Tater (1)	Walking Taco w/Sour Cream

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
November 2018

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.