September 2022 Antioch SD 117 High School Lunch

Lunch $ 3.25

Milk .60¢

HOMESTYLE MEAL

V= Vegetarian

(*) Contains or may contain Pork

FEATURES

Fresh N' Go

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
			9/1	9/2
			Cheesy Pasta Bake V Toasted Garlic Bread Garden Salad Choice of Dressing	Pancakes Sweet Maple Syrup *Pork Sausage Links Hash Brown Orange Wedges
9/5	9/6	9/7	9/8	9/9
No School Labor Day	Beef Stroganoff Buttered Noodles Green Beans Sliced Pears	Slider Joes Pretzels Fruit Gelatin	Pasta & Meatballs Toasted Garlic Bread Garden Salad Choice of Dressing	Roast Chicken w/Gravy Whipped Potatoes Peas & Carrots
9/12	9/13	9/14	9/15	9/16
Pizza Bread V Fresh Veggie w/dip Fresh Apple	Biscuit with *Pork Sausage Gravy Scramble Eggs Crispy Hash Brown Orange Wedges	Mascot Burger Potato Chips Sliced Peaches	Creamy Mac & Cheese Garden Salad w/ Dressing Fresh Grapes	Salisbury Steak w/Gravy Potato Wedges Sweet Corn
9/19	9/20	9/21	9/22	9/23
Coney Island Corn Dog Potato Chips Fresh Grapes	Country Chicken w/Gravy Roasted Potato Wedges Fresh Green Beans	Jumbo Waffles Sweet Maple Syrup *Pork Sausage Patty Fresh Apple	Chicken Nuggets Potato Puffs Orange Wedges	Cheese Ravioli Garden Salad w/Dressing Garlic Bread
9/26	9/27	9/28	9/29	9/30
Grilled Cheese Sandwich Tomato Soup Fresh Apple	BBQ Rib* Sandwich Fritos Sliced Pears	Chicken & Biscuit Pot Pie Fruit Gelatin	Breakfast Bagel Egg patty & Cheese *Pork Sausage Tatar Tots Sliced Peaches	Crispy Fish Sandwich Pretzels Fresh Veggie w/dip
Supreme Burger w/ Fries $4.50	Fresh Deli Sandwich or Wrap w/chips & pickle $4.75	Giant Taco Bowl Spanish Rice & Churro $4.75	Fresh Deli Sandwich or Wrap w/chips & pickle $4.75	Chicken Tenders w/Curly fries $4.50
Fresh Grapes Fresh Pineapple Fresh Mixed Fruits	Fresh Fruit Apple or Orange	Fresh Grapes Fresh Pineapple Fresh Mixed Fruits	Fresh Fruit Apple or Orange	Fresh Grapes Fresh Pineapple Fresh Mixed Fruits
Garden Salad V or Chicken Caesar Salad	Buffalo Salad or Fresh Veggies w/Dip V	Mascot Salad or Crispy Chicken Salad	Southwest Salad or Julienne Salad	Garden Salad V or Fresh Veggies w/Dip V
Buffalo Style Chicken Wrap	Turkey, Ham or Italian Subs w/Cheese	Variety of Wraps Variety of Deli Subs	Italian Wrap or Turkey Bacon Wrap	Turkey, Ham or Italian Subs w/Cheese

Daily Entrées

Cheeseburgers
Chicken Sandwiches
Plain Pizza
& Stuffed Crust Pizza

Fruit or Veggies
available daily with all lunches

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
- ✓ **Plant based entrée options**

~Arbor Management~

Make Choices for a Healthy Lifestyle!

arbor online arbormgt.com

For more information or to "Ask the Dietitian", check out our website!

Menu changes are occasionally necessary. Notice will be given when possible.

arbor Management Inc.