



August 2017 Antioch & Lakes High School District 117

Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Many items baked instead of deep fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

Arbor Management

Make Choices for a Healthy Lifestyle!

Questions about the menu?
Call Jeanne Wolff
Food Service Director
847-838-7186
Jeanne.Wolff@chsd117.org
Lunch \$3.25 Milk 60¢



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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|--|--|---|---|
| Home Style Meal | Welcome Back! | | | | |
| | 8/21 Breakfast Bagel Sandwich 8/28 Pancakes ✓ | 8/22 BBQ Rib* Sandwich 8/29 Chicken Parmesan | 8/23 Nachos Grande 8/30 Grilled Cheese Sandwich ✓ | 8/17 Cheeseburger 8/24 Sloppy Joe 8/31 Cheesy Rotini Bake ✓ | 8/18 Coney Island Corn Dog 8/25 Crispy Fish Sandwich ✓ 9/1 Fiestada Mexican Pizza |
| Hot Sandwiches | Bacon Double Cheeseburger & Chips \$4.25 | Popcorn Chicken, Waffle Fries & Chili Lime Sauce \$4.50 | Chicken, Bacon & Ranch on a Pretzel Roll \$3.75 w/Fries \$4.50 | Corn Dogs, Curds & Fries w/Sriracha Ranch \$4.50 | Jump Asian Bowl \$4.25 |
| | Chicken Sandwich Cheeseburger | Chicken Sandwich Cheeseburger | Chicken Sandwich Cheeseburger | Chicken Sandwich Cheeseburger | Chicken Sandwich Cheeseburger |
| Pizzas | Italian Cheese ✓ | Italian Cheese ✓ | Italian Cheese ✓ | Italian Cheese ✓ | Italian Cheese ✓ |
| | *Pepperoni | *Sausage | *Pepperoni | *Sausage | *Pepperoni |
| Garden Fresh | Mascot Salad Grilled Chicken Caesar Salad Power Pack ✓ | Spicy Buffalo Chicken Salad Grilled Chicken Caesar Salad Power Pack ✓ | Garden Salad ✓ Grilled Chicken Caesar Salad Power Pack ✓ | Southwest Salad Grilled Chicken Caesar Salad Power Pack ✓ | Julienne Salad ✓ Grilled Chicken Caesar Salad Power Pack ✓ |
| | *BLT Wrap w/Mayo Turkey & Cheese Sub | Sticky Finger Chicken Wrap *Ham & Cheese Sub | Spicy Buffalo Chicken Wrap Turkey & Cheese Sub | Veggie Wrap ✓ w/Ranch Dressing *Ham & Cheese Sub | Southwest Chicken Wrap w/Chipotle Ranch Turkey & Cheese Sub |
| Sandwiches, Wraps and Grab 'N Go | Yogurt Parfait ✓ Fresh Fruit Cup ✓ | Yogurt Parfait ✓ Fresh Fruit Cup ✓ | Yogurt Parfait ✓ Fresh Fruit Cup ✓ | Yogurt Parfait ✓ Fresh Fruit Cup ✓ | Yogurt Parfait ✓ Fresh Fruit Cup ✓ |

featuring...



Tomatoes
Did you know most tomatoes are red, but they come in almost every color of the rainbow?

Comprehensive nutrition and allergy guides are available in the Foodservice Office

Enjoy a Free "Welcome Back" Scoop of Ice Cream on August 17

✓=vegetarian

*Contains or may contain pork ingredients.

Menu changes may be necessary. Notice will be given when possible.