

October 2022 Lakes 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
10/3	10/4	10/5	10/6	10/7
Chicken Parmesan Al dente Pasta Leafy Green Salad w/dressing Garlic Bread	Soft Shell Beef Tacos Spanish Rice Sliced Peaches Zesty Salsa	No School Non-Attendance	Creamy Mac & Cheese Steamed Green Beans Fresh Mixed Grapes	No School Parent/Teacher Conferences
10/10	10/11	10/12	10/13	10/14
No School Columbus Day	Cheese Burger Season Fries Fruit Gelatin	Toasted Bagel Egg & Cheese Pork Sausage* Hashed Browns Cinnamon Pear Slices	Honey BBQ Rib* Sandwich Tater Tots Fresh Veggie w/dip	Savory Salisbury Steak w/gravy Mashed Potatoes Steamed Peas & Carrots Dinner Roll
10/17	10/18	10/19	10/20	10/21
Sweet & Sour Meatballs Rice Pilaf Steamed Green beans Orange Wedges	Creamy Chicken Alfredo Penne Pasta Steamed Broccoli Toasted Garlic Bread	Walking Tacos Spanish Rice Fresh Apple Zesty Salsa	Southern Biscuit w/*Pork Sausage Gravy Scrambled Eggs Crispy Hash Brown Cinnamon Applesauce	Crispy Cod Po'Boy Sandwich Pasta Salad Fresh veggies w/ dip
10/24	10/25	10/26	10/27	10/28
Sloppy Joe Tater Tots Fruit Gelatin	Grilled Cheese Sandwich Hearty Chicken Soup Baked Apple Slices	Italian Meatballs & Spaghetti Leafy Green Salad w/Dressing Toasted Garlic Bread	Home Run All Beef Hot Dog Pretzels Fresh Grapes	Roasted Chicken w/Gravy Parsley Potatoes Peas & Carrots Dinner Roll
10/31				
Cheesy Omelet Country Biscuit w/Grape jelly *Pork Sausage Links Hash Brown				
Mini Corn Dogs w/Cheese Curds & Fries \$4.50	Buffalo Chicken Sandwich w/Fries \$4.75	Texas BBQ Burger On Texas Toast w/Fries \$5.00	Pizza Quesadilla w/ Fries \$5.00	Tailgate Kickoff w/ Curly Fries \$4.75
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	Grilled Chicken Subs or Wraps

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!



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

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

