



September 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 Wolf
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	9/4 Labor Day No School	9/5 Salisbury Steak	9/6 Mascot Burger	9/7 Pasta Primavera V	9/1 Fiestada Mexican Pizza 9/8 Pizza Bread V
	9/11 French Toast Sticks V	9/12 Cheeseburger	9/13 2 Soft Tacos	9/14 Pasta & Meatballs	9/15 Buffalo Chicken Wrap
	9/18 All Beef Hot Dog	9/19 Crispy Chicken w/Gravy	9/20 Pizza Burger	9/21 Mac & Cheese V	9/22 Coney Island Corn Dog
	9/25 Breakfast Bagel Sandwich	9/26 BBQ Rib* Sandwich	9/27 Nachos Grande	9/28 Sloppy Joe	9/29 Crispy Fish Sandwich V
Specials and 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	Tailgate Appetizer Sampler \$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 V	Italian Cheese V	Italian Cheese V	Italian Cheese V	Italian Cheese V
	*Pepperoni	*Sausage	*Pepperoni	*Sausage	*Pepperoni
Garden Fresh	Mascot Salad Grilled Chicken Caesar Salad Power Pack V	Spicy Buffalo Chicken Salad Grilled Chicken Caesar Salad Power Pack V	Garden Salad V Grilled Chicken Caesar Salad Power Pack V	Southwest Salad Grilled Chicken Caesar Salad Power Pack V	Julienne Salad V Grilled Chicken Caesar Salad Power Pack V
	*BLT Wrap w/Mayo Turkey & Cheese Sub	Sticky Finger Chicken Wrap *Ham & Cheese Sub	Spicy Buffalo Chicken Wrap Turkey & Cheese Sub	Veggie Wrap V w/Ranch Dressing *Ham & Cheese Sub	Southwest Chicken Wrap w/Chipotle Ranch Turkey & Cheese Sub
Sandwiches, Wraps and Grab 'N Go	Yogurt Parfait V Fresh Fruit Cup V	Yogurt Parfait V Fresh Fruit Cup V	Yogurt Parfait V Fresh Fruit Cup V	Yogurt Parfait V Fresh Fruit Cup V	Yogurt Parfait V Fresh Fruit Cup V

featuring...



Potatoes

Did you know a potato has twice as much potassium as a banana?

Comprehensive nutrition and allergy guides are available in the Foodservice Office

**Go Eagles!
Go Sequoits!**
Cheer them on with a Tailgate Appetizer Sampler Plate \$4.50

V=vegetarian

*Contains or may contain pork ingredients.

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