



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				**Chicken Nuggets
4	5	6 LATE START	7	8
CASIMIR PULASKI DAY NO SCHOOL	Popcorn Chicken	Yogurt And Muffin	PARENT/TEACHER CONFERENCES NO LUNCHES	PARENT/TEACHER CONFERENCES NO SCHOOL
11	12	13	14	15
Hot & Spicy Chicken Sandwich	Cheese Quesadilla	Chicken Fajitas	Chicken Nuggets w/Cornbread	**Chicken Tenders
18	19	20	21	22
Hot Dog	*BBQ Ribette Sandwich	Salisbury Steak Sandwich	Mini Corn Dogs	Chicken Nuggets
25	26	27	28	29
		SPRING	BREAK	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy or Grilled Chicken Sandwich
Grilled Burgers
Nacho Supreme with zesty salsa and jalapeños**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

Cheese Or Pepperoni	Cheese Or Pepperoni	Cheesy Garlic Flatbread	Cheese Or Pepperoni	Individual Cheese Or Pepperoni
Turkey and Cheese Wrap	Chicken Caesar Wrap	Turkey and Cheese Wrap	Chicken Caesar Wrap	Turkey and Cheese Wrap
Crispy Chicken Salad	Garden Salad	Crispy Chicken Salad	Garden Salad	Crispy Chicken Salad



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.



Oak Lawn Hometown March 2019

Lunch
\$2.85
Milk is Included with Meal

Milk
\$0.60
A Variety of Milk Is Offered Daily

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?
Donna Urchell
durchell@d123.org
708-499-6400 Ex4305

Comprehensive nutrition & allergy guides are available in the Foodservice Office.