



March Sycamore High School Lunch



Lunch \$ 2.70

Milk \$0.55

FEATURES

Included with Every Meal
Fruit and Vegetable
Choice of Milk



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Macaroni & Cheese -V Dinner Roll Sweet Peas & Carrots	2 Chili Cheese Fries w/ Soft Pretzel Steamed Carrots Sugar Snap Peas	3 Walking Taco Nachos Brown Rice Seasoned Black Beans Zesty Salsa
6 Chicken Drumstick Brown Rice Pilaf Cheesy Potatoes Green Salad Salad Grape Tomatoes	7 Lasagna Roll-ups Dinner Roll Spiral Fries Baby Carrots	8 Beef & Bean Enchilada Refried Beans & Spanish Rice Sliced Bell	9 Yang's Mandarin Orange Chicken Brown Rice Stir Fry Vegetables Marinated Green Beans	10 Chicken & Cheese Quesadilla Fajita Peppers Zesty Salsa
13 Cheesy Beefy Nachos Refried Beans & Spanish Rice Sliced Bell Peppers	14 French Bread Pizza— Broccoli Cucumber Slices	15 Wings of Fire Biscuit Steamed Carrots Celery Sticks	16 *Grilled Chicken Bacon Melt Spiral Fries Cucumber Slices	17 Hot Italian Sub Seasoned Green Beans Baby Carrots
20 BBQ Teriyaki Chicken Brown Rice Stir Fry Vegetables	21 Grilled Cheese & Tomato Soup—V Tater Tots Baby Carrots	22 Popcorn Chicken Bowl Dinner Roll Green Peas Sliced Bell Peppers	23 *Honey BBQ Pork Rib Sandwich Baked Fries Fresh Cole Slaw	24 Beef Soft Tacos Brown Rice Mexican Corn Fiesta Beans Zesty Salsa
27 No School	28 No School	29 No School	30 No School	31 No School

Assorted Sandwiches, Salads and Wraps Served Daily

Chicken Nuggets and Corn Dog Nuggets Served Daily

Daily Entrées

Burgers
Chicken Sandwiches
Pizza Selection
Deli Bar
Pasta Bar

V= Vegetarian

(*) Contains or may contain Pork

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!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.