



September 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
				Walking Taco Nachos Brown Rice Seasoned Black Beans Zesty Salsa
4	5	6	7	8
Labor Day	Western BBQ Burger Spiral Fries Baby Carrots	Creamy Chicken Alfredo Garlic Bread Seasoned Broccoli Sliced Cucumbers	Yang's Mandarin Orange Chicken Brown Rice Stir Fry Vegetables Marinated Green Beans	Chicken & Cheese Quesadilla Fajita Peppers Zesty Salsa
11	12	13	14	15
Chicken Parmesan Al dente Pasta Garlic Bread Steamed Broccoli Baby Carrots	Beef Soft Tacos Brown Rice Mexican Corn Fiesta Beans Zesty Salsa	Wings of Fire Biscuit Steamed Carrots Celery Sticks	*Grilled Chicken Bacon Melt Spiral Fries Sliced Cucumbers	Italian Meatball Sub Seasoned Green Beans Leafy Green Salad
18	19	20	21	22
Chicken Fajita Quesadilla Chili Lime Sweet Corn Grape Tomatoes Zesty Salsa	Yang's Mandarin Orange Chicken Brown Rice Stir Fry Veggies Baby Carrots	*Italian Sausage Pasta Bake Garlic Bread Green Peas Sliced Bell Peppers	*Honey BBQ Pork Rib Sandwich Baked Fries Fresh Cole Slaw	Baked Potato w/ Chili & Soft Pretzel Steamed Broccoli Black Beans
25	26	27	28	29
Hot Italian Cheesy Sub Seasoned Green Beans Baby Carrots	Korean Beef Tacos Honey Ginger Carrots Purple Cabbage Slaw	Homemade Buffalo Mac & Cheese Pretzel Rod Steamed Broccoli Grape Tomatoes	Chipotle Chicken Burrito Bowl w/ Brown Rice Black Beans Sweet Corn	Grilled BBQ Chicken Sandwich Smiley Fries Cauliflower Florets Baby Carrots

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.