



# OCTOBER 2023

## Des Plaines Middle School

### Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Corn Dog Spicy Curly Fries Fresh Baby Carrots Fruit of the Day	*BBQ Pork Rib Sandwich Mixed Veggies Coleslaw Fruit of the Day	Beef Hot Dog Veggie Baked Beans Pickle Chips Fruit of the Day	No School	No School
9	10	11	12	13
No School State Holiday	Los Carbos Bean & Cheese Burrito Southwest Black Beans Fresh Baby Carrots Fruit of the Day	Crispy Chicken Nuggets Brown Rice Green Beans Romaine Salad Fruit of the Day	Walking Nachos Fiesta Refried Beans Tiny Tomatoes Fruit of the Day	Max Sticks Golden Corn Marinara Dipping Sauce Fruit of the Day
16	17	18	19	20
Chicken Fingers Brown Rice Steamed Broccoli Fresh Baby Carrots Fruit of the Day	Corn Dog Veggie Baked Beans Coleslaw Fruit of the Day <b>Strawberry Milk Day!</b>	Beef Hot Dog Potato Rounds Pickle Chips Fruit of the Day	Walking Nachos Golden Corn Red Salsa Fruit of the Day	Pepperoni Pizza Green Beans Fresh Baby Carrots Fruit of the Day
23	24	25	26	27
BBQ Pork Rib Sandwich Potato Rounds Coleslaw Fruit of the Day	Beef Hot Dog Mixed Veggies Pickle Chips Fruit of the Day	Crispy Chicken Fingers Brown Rice Steamed Broccoli Fresh Baby Carrots Fruit of the Day	Walking Nachos Fiesta Refried Beans Tiny Tomatoes Fruit of the Day	Max Sticks Golden Corn Marinara Dipping Sauce Fruit of the Day
30	31			
Corn Dog Mixed Veggies Fresh Baby Carrots <b>SPOOKY FROZEN TREAT</b>	1/2 Day No Lunch Service			

**Lunch \$ 3.05**  
**Milk \$0.65**

#### \*Available Daily:

Crispy Chicken

Sandwich

Pizza Selection

Milk Choice

Fresh Fruit & Veggie Bar

#### 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!

Please note: We know families rely on the menu to make decisions about participating in school meals. We do our best to adhere to the original menu but due to circumstances beyond our control, changes are occasionally made. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.

**Included with Every Meal**  
**Fruit and/or Vegetable**  
**1% or Fat-Free Milk**