



October 2023 Des Plaines Iroquois Lunch Menu

Lunch \$ 3.05
Milk \$0.65

NOW HIRING....

*** All Positions**

**Call Chris
at 847-789-5630**

***Available Daily:**

Crispy Chicken

Sandwich

Cheese Sandwich

Milk Choice

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!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Interession			
9	10	11	12	13
No School State Holiday	Los Carbos Bean & Cheese Burrito Golden Corn Fruit of the Day	Crispy Chicken Nuggets Mixed Veggies Fruit of the Day	Walking Nachos Southwest Baked Beans Fruit of the Day	Max Cheese Sticks Marinara Dipping Sauce Fruit of the Day
16	17	18	19	20
Crispy Chicken Nuggets Steamed Broccoli Fruit of the Day	Corn Dog Green Beans Fruit of the Day Strawberry Milk Day To Support the Cure!	Beef Hot Dog Veggie Baked Beans Fruit of the Day	Walking Nachos Golden Corn Fruit of the Day	Max Cheese Sticks Marinara Dipping Sauce Fruit of the Day
23	24	25	26	27
Spicy Chicken Sandwich Golden Corn Fruit of the Day	Beef Hot Dog Mixed Veggies Fruit of the Day	Crispy Chicken Nuggets Steamed Broccoli Fruit of the Day	Walking Nachos Southwest Baked Beans Fruit of the Day	Max Cheese Sticks Marinara Dipping Sauce Fruit of the Day
30	31			
Corn Dog Golden Corn SPOOKY FROZEN TREAT	1/2 Day No lunch Service			

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