



October 2023 Des Plaines Elementary Lunch Menu

Lunch \$ 3.05
Milk \$0.65

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

NOW HIRING....
***All Positions**
Call Chris
at 847-789-5630

Available Daily:
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!

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