

November Sycamore Middle School Menu

Lunch \$2.70

Milk \$0.55

FEATURES

Included with Every Meal

**Fruit and Vegetable
Choice of Milk**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Italian Sausage Pasta Bake Garlic Bread Mixed Vegetables Leafy Green Salad Fruit of the Day	Fajita Chicken Quesadilla Seasoned Black Beans Baby Carrots Fruit of the Day	Baked Potato w/ Chili Soft Pretzel Seamed Broccoli Sliced Cucumbers Fruit of the Day
6	7	8	9	10
Beef Soft Taco Fiesta Beans Sliced Bell Peppers Fruit of the Day	Yang's Orange Chicken Brown Rice Stir Fry Veggies Baby Carrots Fruit of the Day	Homemade Mac & Cheese-V Soft Pretzel Rod Steamed Broccoli Grape Tomatoes Fruit of the Day	Chicken Nachos w/ Cilantro Lime Rice Sweet Corn Black Beans Fruit of the Day	Grilled BBQ Chicken Sandwich Smiley Fries Leafy Green Salad Fruit of the Day
13	14	15	16	17
Chicago Style All Beef Hot Dog Baked Beans Sliced Cucumbers Fruit of the Day	"Say Cheese" Toasted Sandwich-V Tomato Soup Leafy Green Salad Fruit of the Day	Chicken Drumstick Dinner Roll Garlic Parmesan Roasted Potatoes Celery Sticks Fruit of the Day	Thanksgiving Feast Turkey and Gravy over Mashed Potatoes Sweet Corn Cookie Fruit of the Day	*Honey BBQ Pork Rib Sandwich Baked Fries Baby Carrots Sliced Cucumbers Fruit of the Day
20	21	22	23	24
No School	No School	No School	Happy Thanksgiving! 	No School
27	28	29	30	
Pancakes w/ Sausage Crispy Tater Tots Baby Carrots Fruit of the Day	Homemade Cheese Quesadilla-V Fiesta Beans Broccoli Florets Fruit of the Day	Creamy Chicken Alfredo Bake Garlic Bread Seasoned Green Beans Sliced Cucumbers Fruit of the Day	Yang's Mandarin Orange Chicken Brown Rice Roasted Cauliflower Gingered Purple Cabbage Fruit of Day	

Assorted Sandwiches, Salads and Wraps Served Daily

Daily Entrées

**Cheeseburgers
Chicken Sandwiches
Pizza Selection
Cheesy Nachos
PB&J Sandwich**

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 hor-
mones 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.