



November 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	2	3
		Pasta Bolognese Garlic Bread Green Peas Fruit Of The Day	*Honey BBQ Pork Rib Sandwich Baked Fries Fresh Cole Slaw Fruit Of The Day	Baked Potato w/ Chili & Soft Pretzel Steamed Broccoli Fruit Of The Day
6	7	8	9	10
Hot Italian Cheesy Sub Seasoned Green Beans Fruit Of The Day	Beef Tacos Honey Ginger Carrots Fruit Of The Day	Homemade Mac & Cheese V Pretzel Rod Steamed Broccoli Fruit Of The Day	Chipotle Chicken Burrito Bowl w/ Brown Rice Black Beans Sweet Corn Fruit Of The Day	Grilled BBQ Chicken Sandwich Smiley Fries Cauliflower Florets Fruit Of The Day
13	14	15	16	17
Signature Cheeseburger Deluxe Seasoned Fries Broccoli Salad Fruit Of The Day	Popcorn Chicken Bowl Corn Bread Muffin Mashed Potatoes Golden Corn Fruit Of The Day	Toasted Cheese Sandwich V Tomato Soup Baby Carrots Fruit Of The Day	Thanksgiving Feast Turkey and Gravy over Mashed Potatoes Sweet Corn Cookie	Penne Rosa Pasta Bolognese Garlic Bread Glazed Carrots Leafy Green Salad Fruit Of The Day
20	21	22	23	24
No School	No School	No School	Happy Thanksgiving! 	No School
27	28	29	30	
Chicken Drumstick Cheesy Potatoes Leafy Green Salad Grape Tomatoes Fruit Of The Day	Western BBQ Burger Spiral Fries Baby Carrots Fruit Of The Day	Creamy Chicken Alfredo Garlic Bread Seasoned Broccoli Fruit Of The Day	Yang's Mandarin Orange Chicken Brown Rice Stir Fry Vegetables Fruit Of The Day	

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!

Assorted Sandwiches, Salads and Wraps Served Daily

Chicken Nuggets and Corn Dog Nuggets Served Daily

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.