



November 2023

Des Plaines Middle School

Lunch Menu

Lunch \$ 3.05
Milk \$0.65

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Hot Dog Veggie Baked Beans Pickle Chips Fruit of the Day	Walking Nachos Colden Corn Red Salsa Fruit of the Day	Pepperoni Pizza Mixed Veggies Fresh Baby Carrots Fruit of the Day
6	7	8	9	10
*BBQ Pork Rib Sandwich Potato Rounds Coleslaw Fruit of the Day	Pancake & Sausage Bites Fresh Baby Carrots Fruit of the Day	Crispy Chicken Nuggets Brown Rice Mixed Veggies Romaine Salad Fruit of the Day	Walking Nachos Fiesta Refried Beans Fresh Baby Carrots Fruit of the Day	Max Sticks Garden Peas Marinara Dipping Sauce Fruit of the Day
13	14	15	16	17
Chicken Fingers Brown Rice Steamed Broccoli Fresh Baby Carrots Fruit of the Day	Corn Dog Veggie Baked Beans Coleslaw Fruit of the Day	Beef Hot Dog Potato Rounds Pickle Chips Fruit of the Day	Walking Nachos Colden Corn Red Salsa Fruit of the Day	Pepperoni Pizza Green Beans Fresh Baby Carrots Fruit of the Day
20	21	22	23	24
	Fall Break		Happy Thanksgiving	
27	28	29	30	
BBQ Pork Rib Sandwich Potato Rounds Garden Peas 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 Red Salsa Fruit of the Day	

*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: 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.

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