



November 2023

Des Plaines Iroquois

Lunch Menu

Lunch \$ 3.05
Milk \$0.65

NOW HIRING....

Delivery Driver \$18.00/hr.

**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!

Fall Break

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cookie Monster's B-Day	2	3
		Hamburger 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
6	7	8	9	10
* BBQ Pork Rib Sandwich Golden Corn Fruit of the Day	Cheese & Chips Steamed Broccoli Fruit of the Day	Crispy Chicken Nuggets Veggie Baked Beans Fruit of the Day	Walking Nachos Mixed Veggies Fruit of the Day	Max Cheese Sticks Marinara Dipping Sauce Fruit of the Day
13	14	15	16	17
Crispy Chicken Nuggets Steamed Broccoli Fruit of the Day	Corn Dog Mixed Veggies Fruit of the Day	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
20	21	22	23	24
Spicy Chicken Sandwich Golden Corn Fruit of the Day	Cheese & Chips Mixed Veggies Fruit of the Day	Fall Break		
27	28	29	30	
Corn Dog Green Beans Fruit of the Day	* BBQ Pork Rib Sandwich Sandwich Golden Corn	Hamburger Veggie Baked Beans Fruit of the Day	Walking Nachos Golden Corn Fruit of the Day	