



DECEMBER 2023

Des Plaines Middle School

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Max Sticks Garden Peas Marinara Dipping Sauce Fruit of the Day
4	5	6	7	8
Corn Dog Spicy Curly Fries Fresh Baby Carrots Fruit of the Day	*BBQ Pork Rib Sandwich Steamed Broccoli Coleslaw Fruit of the Day	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 Tiny Tomatoes Fruit of the Day
11	12	13	14	15
*BBQ Pork Rib Sandwich Potato Rounds Coleslaw Fruit of the Day	Pancakes & Eggs Steamed Broccoli Fresh Baby Carrots Frozen Winter Juice Treat	Crispy Chicken Nuggets Brown Rice Green Beans Romaine Salad Fruit of the Day	Walking Nachos Fiesta Refried Beans Tiny Tomatoes Fruit of the Day	Max Cheese Sticks Garden Peas Marinara Dipping Sauce Fruit of the Day
18	19	20	21	22
Crispy 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 Tiny Tomatoes Fruit of the Day
25	26	27	28	29
Winter Break				

Lunch \$ 3.05
Milk \$0.65

***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