



December 2023 Des Plaines Iroquois Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Max Cheese Sticks Marinara Dipping Sauce Fruit of the Day
4	5	6	7	8
* BBQ Pork Rib Sandwich Golden Corn Fruit of the Day	Mini Corn Dogs Steamed Broccoli Fruit of the Day	Crispy Chicken Nuggets Mixed Veggies Fruit of the Day	Walking Nachos Southwest Black Beans Fruit of the Day	Max Cheese Sticks Marinara Dipping Sauce Fruit of the Day
11	12	13	14	15
Crispy Chicken Nuggets Steamed Broccoli Fruit of the Day	Corn Dog Garden Peas Frozen Winter Juice Treat	Beef Hot Dog Veggie Baked Beans Fruit of the Day	Walking Nachos Green Beans Fruit of the Day	Max Cheese Sticks Marinara Dipping Sauce Fruit of the Day
18	19	20	21	22
25	26	27	28	29

Lunch \$ 3.05
Milk \$0.65

***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!

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

