



October 2017

**Sycamore CUSD #427
High School
Lunch Menu**

arbor Management Inc.



Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

-Arbor Management-

Make Choices for a Healthy Lifestyle!

Questions about the menu?
Sophie Stuebinger Food Service Director
@ 815-899-8155
Comprehensive nutrition & allergy guides are available.

This menu follows USDA National School Lunch Program guidelines. This institution is an equal opportunity provider & employer.

Lunch \$2.70 (milk included w/meal)
Reduced Lunch 40¢
Milk 55¢

	Monday October 2	Tuesday October 3	Wednesday October 4	Thursday October 5	Friday October 6
Daily Special	Pizza Dippers V w/Marinara Sauce	Meatball Bombers	Chicken *Bacon Melt	*Toasted Ham & Cheese Sandwich	NO SCHOOL TEACHER INSTITUTE
Hot Sandwiches	Hamburger	Spicy Chicken	*Bacon Cheeseburger	Cheeseburger	
	Crispy Chicken	Cheeseburger	Crispy Chicken	Spicy Chicken	
Pizzas	Pepperoni	Pepperoni	Double Stuffed V	Cheese V	
	Cheese V	Cheese V	Pepperoni	Pepperoni	
Hot and Fresh Vegetables	Mixed Vegetables Lettuce Mix Celery Sticks	Golden Corn Baby Carrots Cherry Tomatoes	Curly Fries Fresh Broccoli Sliced Cucumbers	Baked Potato Puffs Broccoli Buds Baby Carrots	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad *Turkey & Bacon Wrap	Julienne Salad Ranch Chicken Wrap	Chicken Caesar Salad *Turkey & Bacon Wrap	Chef Salad Buffalo Chicken Wrap	
Rotating Hot Bar	Hot Dog w/Chili & Cheese Sauce	Spaghetti & Meatballs w/Garlic Bread	General Tso's Chicken w/Brown Rice	Chicken Fiesta Nacho Supreme	

DAILY

AVAILABLE DAILY
Made to order
Deli Sandwiches

Students may choose from a variety of Fruit & Vegetables each day!



featuring...



The carotenoids in pumpkins give them their orange color, just like carrots!

V=vegetarian option available

*Contains or may contain pork ingredients.



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	Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13	DAILY
Daily Special	Salisbury Steak	Chicken Parmesan Sandwich	Chicken & Cheese Quesadilla	*BBQ Rib Sandwich	Pizza Dippers V w/Marinara Sauce	AVAILABLE DAILY Made to order Deli Sandwiches
Hot Sandwiches	Hamburger	Spicy Chicken	Cheeseburger	Spicy Chicken	Hamburger	Students may choose from a variety of Fruit & Vegetables each day!
	Crispy Chicken	Cheeseburger	Crispy Chicken	Cheeseburger	Crispy Chicken	
Pizzas	Bosco Sticks V	Cheese	Cheese V	Cheese V	Pepperoni	Farm Fresh Produce
	Cheese V	Pepperoni	Pepperoni	*Sausage	Cheese V	
Hot and Fresh Vegetables	Mashed Potatoes w/Gravy Broccoli Corn	Glazed Carrots Black Beans Salad	Refried Beans Cucumber Slices Baby Carrots	Potato Puffs Shredded Lettuce Green Beans	Mixed Vegetables Lettuce Mix Celery Sticks	featuring... Pumpkin
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					The carotenoids in pumpkins give them their orange color, just like carrots!
Grab 'N Go	Crispy Chicken Salad *Turkey & Bacon Wrap	Julienne Salad Ranch Chicken Wrap	Chicken Caesar Salad *Turkey & Bacon Wrap	Chef Salad Buffalo Chicken Wrap	Crispy Chicken Salad *Turkey & Bacon Wrap	V=vegetarian option available *Contains or may contain pork ingredients.
Rotating Hot Bar	Build your own Burrito	Spaghetti & Meatballs w/Garlic Bread	General Tso's Chicken w/Brown Rice	Chicken Fiesta Nacho Supreme	Hot Dog w/Chili & Cheese Sauce	

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	Monday October 16	Tuesday October 17	Wednesday October 18	Thursday October 19	Friday October 20
Daily Special	*Western BBQ Bacon Burger	Cheesy Garlic Breadstick w/Marinara V	Honey Mustard Chicken Sub	Build your own Burrito	Homemade Buffalo Chicken Pizza
Hot Sandwiches	Spicy Chicken	Cheeseburger	Spicy Chicken	Cheeseburger	Spicy Chicken
	Hamburger	Crispy Chicken	*Bacon Cheeseburger	Crispy Chicken	Cheeseburger
Pizzas	Cheese V	Cheese V	Double Stuffed V	Cheese V	Cheese V
	Pepperoni	*Sausage	Pepperoni	*Sausage	Pepperoni
Hot and Fresh Vegetables	Potato Wedges *BBQ Baked Beans Sliced Cucumbers	Glazed Carrots Romaine Lettuce Salad Fresh Baby Peas	Mashed Potatoes w/Gravy Broccoli Buds Celery Sticks	Golden Corn Shredded Lettuce Garden Salsa	Baked Fries Marinated Cucumber & Tomato Salad Baby Carrots
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad Turkey & *Bacon Wrap	Chicken Caesar Salad Crispy Chicken Wrap	Chef Salad Buffalo Chicken Wrap	Crispy Chicken Salad Turkey *Bacon Wrap	Julienne Salad Chicken Ranch Wrap
Rotating Hot Bar	Fiesta Nacho Supreme w/Cheese Sauce	Chicken Alfredo Bake w/Dinner Roll	Baked Potato w/Broccoli & Cheese V	Walking Taco Frito Bowl	Chicken Popper Basket

DAILY

AVAILABLE DAILY
 Made to order
 Deli Sandwiches

Students may choose from a variety of Fruit & Vegetables each day!



featuring...

Pumpkin

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	Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27
Daily Special	Chili Cheese Fries w/Dinner Roll	Chicken Parmesan Sandwich	Char-Broiled Salisbury Steak	Chicken & Cheese Quesadilla	NO SCHOOL
Hot Sandwiches	Crispy Chicken	Cheeseburger	Spicy Chicken	Cheeseburger	
	Hamburger	Crispy Chicken	*Bacon Cheeseburger	Crispy Chicken	
Pizzas	Double Stuffed V	Cheese V	Double Stuffed V	Cheese V	
	*Sausage	Pepperoni	*Sausage	Pepperoni	
Hot and Fresh Vegetables	Baked Wedges Cucumber Slices Fresh Garden Peas	Glazed Carrots Broccoli Buds Salad	Mashed Potatoes w/Gravy Golden Corn Green Beans	Refried Beans Shredded Lettuce Baby Carrots	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad *Turkey & Bacon Wrap	Garden Salad Buffalo Chicken Wrap	Julienne Salad *Turkey & Bacon Wrap	Crispy Chicken Salad Crispy Chicken Wrap	
Rotating Hot Bar	Soft Shell Tacos w/Shredded Cheese	Baked Penne Pasta w/Garlic Bread V	Home Style Popcorn Chicken Bowl w/Dinner Roll	Chicken Fiesta Nacho Supreme	

DAILY

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Made to order Deli Sandwiches

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	Monday October 30	Tuesday October 31			
Daily Special	Cheesy Garlic Flatbread V	*Toasted Ham & Cheese Sandwich			
Hot Sandwiches	Spicy Chicken	*Bacon Cheeseburger			
	Hamburger	Spicy Chicken			
Pizzas	Cheese V	Cheese V			
	Pepperoni	Pepperoni			
Hot and Fresh Vegetables	Mixed Vegetables Black Bean & Corn Salsa Jalapeno Peppers	Baked Potato Puffs Broccoli Buds Baby Carrots			
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
Grab 'N Go	Crispy Chicken Salad *Turkey & Bacon Wrap	Garden Salad Buffalo Chicken Wrap			
Rotating Hot Bar	Rotini w/Meat Sauce w/Breadstick	Fiesta Nacho Supreme w/Cheese Sauce			

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