



Sycamore Community School District 427

October 2017 Sycamore CUSD #427 Middle 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
Daily Special	Pizza Dippers V w/Marinara Sauce	Mini Corn Dogs	Home Style Popcorn Chicken Bowl w/Dinner Roll	Chicken & Cheese Quesadilla	NO SCHOOL TEACHER INSTITUTE	AVAILABLE DAILY Fresh Fruit & Vegetable Bar Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce Students may choose from a variety of Fruit & Vegetables each day!
Hot Sandwiches	Crispy Chicken	Cheeseburger	Spicy Chicken	Cheeseburger		
	Cheeseburger	Crispy Chicken	*Bacon Cheeseburger	Crispy Chicken		
Pizzas	*Sausage	Cheese V	Double Stuffed V	Cheese V		
	Cheese V	Pepperoni	*Sausage	Pepperoni		
Hot and Fresh Vegetables	Seasoned Green Beans Celery Sticks Broccoli Buds	Glazed Carrots Broccoli Buds Tiny Tomatoes	Mashed Potatoes w/Gravy Golden Corn Pickles	Mixed Veggies Baby Carrots Garbanzo Salad		Farm Fresh Produce <i>featuring...</i> Pumpkin The carotenoids in pumpkins give them their orange color, just like carrots! V=vegetarian option available *Contains or may contain pork ingredients.
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 Crispy Chicken Wrap	Crispy Chicken Salad Chicken Ranch Wrap	Crispy Chicken Salad Turkey *Bacon Wrap		
Rotating Hot Bar	Baked Penne Pasta w/Garlic Bread V	Chicken Alfredo Bake w/Dinner Roll	Fluffy Pancakes w/Scrambled Eggs	Baked Potato w/Broccoli, Cheese & Garlic Biscuit V		

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	Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13
Daily Special	Sweet & Sour Chicken Over Rice	Chicken Tenders w/Dinner Roll	Cheesy Garlic Breadstick Dippers w/Spaghetti Sauce V	Fiesta Nacho Supreme	Stuffed Crust Pepperoni Pizza
Hot Sandwiches	Spicy Chicken	Cheeseburger	Crispy 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	Garden Peas Marinated Cucumber & Tomato Salad Black Beans	Baked Fries Broccoli Buds Cherry Tomatoes	Seasoned Green Beans Baby Carrots Cucumber Slices	Golden Corn Shredded Lettuce Garden Salsa	Mixed Veggies 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	Garden Salad Crispy Chicken Wrap	Crispy Chicken Salad Chicken Ranch Wrap	Crispy Chicken Salad Turkey *Bacon Wrap	Garden Salad Chicken Ranch Wrap
Rotating Hot Bar	Hot Dog w/Chili & Cheese Sauce	Macaroni & Cheese w/Dinner Roll V	French Toast w/*Sausage Patty	Baked Potato w/Broccoli, Cheese & Garlic Biscuit V	Jumbo Corn Dog

DAILY

AVAILABLE DAILY

Fresh Fruit & Vegetable Bar

Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce

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



featuring...

Pumpkin

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 16	Tuesday October 17	Wednesday October 18	Thursday October 19	Friday October 20
Daily Special	Cheesy Garlic Flatbread V	Meatball Bomber	Fiesta Nacho Supreme	Toasted Cheese Sandwich V	Homemade Buffalo Chicken Pizza V
Hot Sandwiches	Spicy Chicken	Cheeseburger	*Bacon Cheeseburger	Spicy Chicken	Cheeseburger
	Hamburger	Crispy Chicken	Spicy Chicken	Cheeseburger	Crispy Chicken
Pizzas	Cheese V	Cheese V	Cheese V	Cheese V	Cheese V
	Pepperoni	*Sausage	Pepperoni	*Sausage	Pepperoni
Hot and Fresh Vegetables	Mixed Veggies Garden Salad Broccoli Buds	Garden Peas Baby Carrots Cucumber Slices	Golden Corn Jalapeno Peppers Black Bean & Corn Salsa	Tomato Soup Broccoli Buds Baby Carrots	Seasoned Green Beans Cherry Tomatoes Black Bean & Corn Salsa
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 Crispy Chicken Wrap	Crispy Chicken Salad Chicken Ranch Wrap	Crispy Chicken Salad Turkey *Bacon Wrap	Garden Salad Chicken Ranch Wrap
Rotating Hot Bar	Hot Dog w/Chili & Cheese Sauce	Baked Penne Pasta w/Garlic Bread V	Breakfast Quesadilla	Baked Potato w/Broccoli, Cheese & Garlic Biscuit V	Chicken Rings w/Dinner Roll

DAILY

AVAILABLE DAILY

Fresh Fruit & Vegetable Bar
Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce

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Potato

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Sycamore CUSD #427

Middle School

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	Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27
Daily Special	*BBQ Rib Sandwich	Mini Corn Dogs	Chicken Nuggets w/Dinner Roll	Soft Shell Tacos w/Shredded Cheese	NO SCHOOL
Hot Sandwiches	Cheeseburger	Spicy Chicken	*Bacon Cheeseburger	Crispy Chicken	
	Crispy Chicken	Cheeseburger	Crispy Chicken	Cheeseburger	
Pizzas	Cheese V	Pepperoni	Double Stuffed V	Cheese V	
	*Sausage	Cheese V	Pepperoni	*Sausage	
Hot and Fresh Vegetables	Mashed Potatoes w/Gravy Garden Pea Salad Tiny Tomatoes	Golden Corn Baby Carrots Seasoned Black Beans	Baked Potato Puffs Broccoli Buds Pickles	Mixed Veggies Cucumber Slices Salsa	
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 Crispy Chicken Wrap	Crispy Chicken Salad Chicken Ranch Wrap	Crispy Chicken Salad Turkey *Bacon Wrap	
Rotating Hot Bar	Golden Waffles w/*Sausage Patty	Spaghetti & Meatballs w/Garlic Bread	Hot Dog w/Chili & Cheese Sauce	Baked Potato w/Broccoli, Cheese & Garlic Biscuit V	

DAILY

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	Monday October 30	Tuesday October 31			
Daily Special	Sweet & Sour Chicken Over Rice	Monster Nachos			
Hot Sandwiches	Spicy Chicken	Cheese Boo..ger			
	Hamburger	Crispy Chicken			
Pizzas	Cheese V	Cheese V			
	Pepperoni	*Sausage			
Hot and Fresh Vegetables	Garden Peas Marinated Cucumber & Tomato Salad Black Beans	Skeleton Fingers Broccoli Brains Creepy Corn			
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 Crispy Chicken Wrap			
Rotating Hot Bar	Hot Dog w/Chili & Cheese Sauce	Macamummy & Cheese w/Monster Roll			

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