

February

2018



SYCAMORE CUSD #427

K - 5 Lunch Menu

arbor Management Inc.



Farm Fresh Produce
featuring... **Cherry**
Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries and chocolate milk for the ultimate post-workout recovery drink!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Students eligible LUNCH Are also eligible for FREE / REDUCED BREAKFAST</p>	<p>Lunch \$2.70 (Milk included with meal) Reduced Lunch 40¢</p> <p>Milk 55¢ Offered Daily: Fat Free Flavored 20g 1% White 11g</p>		<p>1 Chicken Alfredo Bake** 27g Or Sausage Pizza 33g Potato Puffs 19g Chilled Pears 16g</p>	<p>2 Lucky Tray Day</p> <p>Nacho Supreme w/Taco Meat & Cheese Sauce 41g Or Chicken Tenders** 13g Seasoned Green Beans 4g Mandarin Oranges 17g</p>
<p>5 Spaghetti & Meatballs 30g Garlic Bread 14g Or Double Stuffed Pizza 31g Steamed Broccoli 2g Blueberries 10g</p>	<p>6 Chicken Nuggets** 13g Or *BBQ Rib Sandwich 40g Mashed Sweet Potatoes 37g Applesauce 23g</p>	<p>7 Pancakes 15g e/ w/*Sausage 0g, Egg Patty 1g & Syrup 20g Or Mini Corn Dogs 30g Potato Puffs 19g Sliced Oranges 11g</p>	<p>8 Lucky Tray Day</p> <p>Pizza Dippers 32g w/Garden Marinara 7g Or Chicken Poppers** 13g Seasoned Green Beans 4g Crisp Red Apple 8g</p>	<p>9 Nacho Supreme w/Taco Meat & Cheese Sauce 41g Or Cheese Pizza 33g Refried Beans 20g Cinnamon Pears 16g</p>
<p>12 Chicken Nuggets 13g w/Waffle 12g & Syrup 20g Or Jumbo Corn Dog 30g Potato Puffs 19g Applesauce 23g</p>	<p>13 Lucky Tray Day</p> <p>Cheese Pizza 33g Or Crispy Chicken Sandwich 39g Glazed Carrots 12g Mixed Fruit 17g</p>	<p>14 Walking Tacos 33g Or Cheeseburger 30g Broccoli Buds 2g Crisp Red Apple 8g</p>	<p>15 French Toast Sticks 22g w/Syrup 20g Or Salisbury Steak 3g Mashed Potatoes 17g w/Gravy 0g Banana 29g</p>	<p>16 No School Institute Day</p>
<p>19 No School Presidents Day</p>	<p>20 Nacho Supreme w/Taco Meat & Cheese Sauce 41g Or Pepperoni Pizza 33g Shredded Lettuce 2g Applesauce 23g</p>	<p>21 Pizza Dippers 32g w/Garden Marinara 7g Or Chicken Nuggets** 13g Potato Puffs 19g Golden Pineapple 15g</p>	<p>22 Waffles 12g e/ Egg Patty 1g w/*Sausage 0g & Syrup 20g Or Popcorn Chicken ** 13g Glazed Carrots 12g Sweet Pears 16g</p>	<p>23 Lucky Tray Day</p> <p>Cheeseburger 30g Or Macaroni & Cheese** 27g Seasoned Black Beans 18g Blueberries 10g</p>
<p>26 Cheese Pizza 33g Or Chicken Sandwich 39g Glazed Carrots 12g Mixed Fruit 17g</p>	<p>27 Mini Corn Dogs 30g Or Cheeseburger 30g Steamed Broccoli 2g Cinnamon Applesauce 23g</p>	<p>28 Lucky Tray Day</p> <p>French Toast Sticks 23g w/Syrup 20g Or Grilled Cheese Sandwich 30g *Tangy Baked Beans 22g Juicy Peaches 14g</p>	<p>Neither Sycamore School District 427, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.</p>	

Available Daily

Peanut Butter & Jelly 54g
Crispy Chicken Salad 31g
w/Roll 13g

**Fresh Fruit & Vegetable
Bar Offerings**

Variety of Apples 8g,
Oranges 11g, Bananas 29g,
Cucumbers 2g, Carrots 4g,
Cherry Tomatoes 3g,
Broccoli 2g &
Lettuce 3g

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

**Now Hiring Part Time Staff
& Substitute Employees
Call Sophie
@
815-899-8155**

Questions

Call Sophie Stuebinger
Food Service Director
815-899-8155

Menu changes may be necessary. Notice will be given when possible.

A comprehensive Nutrition & Allergy Guide
is available in the Food Service Office.

For more information
or to "Ask the Dietitian",
check out our website!

(*) Contains Pork

** With Roll