



## February 2018

### 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	Tuesday	Wednesday	Thursday February 1	Friday February 2	DAILY
Daily Special				*BBQ Rib Sandwich	Pizza Dippers V w/Marinara Sauce	<b>AVAILABLE DAILY</b> Made to order Deli Sandwiches  Students may choose from a variety of Fruit & Vegetables each day!
Hot Sandwiches				Spicy Chicken	Hamburger	
Pizzas				Cheeseburger	Crispy Chicken	 <i>featuring...</i> 
Hot and Fresh Vegetables				Cheese V	Pepperoni	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					 Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries & chocolate milk for the ultimate post-workout recovery drink.
Grab 'N Go				Mashed Potatoes w/Gravy	Mixed Veggies	
Rotating Hot Bar				Shredded Lettuce	Lettuce Mix	V=vegetarian option available *Contains or may contain pork ingredients. ** w/Dinner Roll
				Fresh Salsa	Tomato Wedges	
				Chef Salad**	Crispy Chicken Salad**	
				Buffalo Chicken Wrap	*Turkey & Bacon Wrap	
				Chicken Fiesta Nacho Supreme	Hot Dog w/Chili & Cheese Sauce	

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	Monday February 5	Tuesday February 6	Wednesday February 7	Thursday February 8	Friday February 9	DAILY
Daily Special	*Western BBQ Bacon Burger	Cheesy Garlic Breadstick w/Marinara	Honey Mustard Chicken Sub	Build your own Burrito	Homemade Buffalo Chicken Pizza	<b>AVAILABLE DAILY</b> Made to order Deli Sandwiches  Students may choose from a variety of Fruit & Vegetables each day!
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	  <i>featuring...</i> 
	Pepperoni	*Sausage	Pepperoni	*Sausage		
Hot and Fresh Vegetables	*BBQ Baked Beans  Sliced Cucumbers  Cherry Tomatoes	Glazed Carrots  Romaine Lettuce Salad  Fresh Baby Peas	Baked Fries  Broccoli Buds  Celery Sticks	Golden Corn  Shredded Lettuce  Garden Salsa	Seasoned Green Beans  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	Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries & chocolate milk for the ultimate post-workout recovery drink.  V=vegetarian option available *Contains or may contain pork ingredients. ** w/Dinner Roll
Rotating Hot Bar	Fiesta Nacho Supreme w/Cheese Sauce	Chicken Alfredo Bake w/ Dinner Roll	Baked Potato w/Broccoli & Cheese	Walking Taco Frito Bowl	Chicken Popper **Basket	

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	Monday February 12	Tuesday February 13	Wednesday February 14	Thursday February 15	Friday February 16	DAILY
Daily Special	Chili Cheese Fries**	Chicken Parmesan Sandwich	Char-Broiled Salisbury Steak	Chicken & Cheese Quesadilla	No School Institute Day	<b>AVAILABLE DAILY</b> Made to order Deli Sandwiches  Students may choose from a variety of Fruit & Vegetables each day!
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	Cherry Tomatoes Cucumber Slices Fresh Garden Peas	Glazed Carrots Broccoli Buds Salad	Mashed Potatoes w/Gravy Golden Corn Pickles	Refried Beans Shredded Lettuce Baby Carrots		<p>featuring...</p> <p><b>Cherry</b></p> <p>Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries &amp; chocolate milk for the ultimate post-workout recovery drink.</p> <p>V=vegetarian option available *Contains or may contain pork ingredients. ** w/Dinner Roll</p>
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 Paste w/Garlic Bread	Home Style Popcorn Chicken Bowl**	Chicken Fiesta Nacho Supreme		

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	Monday February 19	Tuesday February 20	Wednesday February 21	Thursday February 22	Friday February 23	DAILY
Daily Special	No School Presidents Day	Bosco Sticks w/Mariana Sauce V	Toasted Cheese Sandwich V	Chicken Fajita Quesadilla	BBQ Chicken Pizza	AVAILABLE DAILY Made to order Deli Sandwiches  Students may choose from a variety of Fruit & Vegetables each day!
Hot Sandwiches		Cheeseburger	*Bacon Cheeseburger	Spicy Chicken	Cheeseburger	
Pizzas		Crispy Chicken	Spicy Chicken	Cheeseburger	Crispy Chicken	Farm Fresh Produce  featuring...  <b>Cherry</b>
		Cheese V	Cheese V	Cheese V	Cheese V	
Hot and Fresh Vegetables		*Sausage	Pepperoni	*Sausage	Pepperoni	Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries & chocolate milk for the ultimate post- workout recovery drink.
	Glazed Carrots Mixed Salad Cherry Tomatoes	Baked Potato Puffs Broccoli Buds Baby Carrots	Golden Corn Black Bean & Corn Salsa Garden Peas	Seasoned Green Beans Baby Carrots Cherry Tomatoes		
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					
Grab 'N Go		Garden Salad** Buffalo Chicken Wrap	Julienne Salad Crispy Chicken Wrap	Buffalo Chicken Salad *Turkey & Bacon Wrap	Crispy Chicken Salad** Chicken Ranch Wrap	V=vegetarian option available *Contains or may contain pork ingredients. ** w/Dinner Roll
Rotating Hot Bar		Rotini w/Meat Sauce w/Breadstick	Chicken Popper Basket**	Soft Shell Tacos w/Shredded Cheese	Pizza Dippers V w/Marinara Sauce	



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	Monday February 26	Tuesday February 27	Wednesday February 28	Thursday	Friday
<b>Daily Special</b>	Cheesy Garlic Flatbread <b>V</b>	Meatball Bombers	Chicken *Bacon Melt		
<b>Hot Sandwiches</b>	Hamburger	Spicy Chicken	*Bacon Cheeseburger		
	Crispy Chicken	Cheeseburger	Crispy Chicken		
<b>Pizzas</b>	Cheese <b>V</b>	Pepperoni	Double Stuffed <b>V</b>		
	*Sausage	Cheese <b>V</b>	Pepperoni		
<b>Hot and Fresh Vegetables</b>	Baked Fries Southwestern Black Beans Jalapeno Peppers	Golden Corn Baby Carrots Cherry Tomatoes	Baked Fries Fresh Broccoli Sliced Cucumbers		
<b>Fruit</b>	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.				
<b>Grab 'N Go</b>	Crispy Chicken Salad** *Turkey & Bacon Wrap	Garden Salad** Buffalo Chicken Wrap	Julienne Salad Crispy Chicken Wrap		
<b>Rotating Hot Bar</b>	Fiesta Nacho Supreme w/Cheese Sauce	Rotini w/Meat Sauce w/Breadstick	Chicken Popper Basket		

**DAILY**

**AVAILABLE DAILY**  
Made to order  
Deli Sandwiches

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



featuring...



Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries & chocolate milk for the ultimate post-workout recovery drink.

**V**=vegetarian option available  
\*Contains or may contain pork ingredients.  
\*\* w/Dinner Roll



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