



Sycamore Community School District 427

February 2018 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!


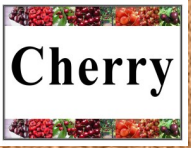
Questions about the menu?

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	Tuesday	Wednesday	Thursday February 1	Friday February 2	DAILY
Daily Special				Soft Shell Tacos w/Shredded Cheese	Pizza Dippers V w/Marinara Sauce	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	Cheeseburger Crispy Chicken	
Pizzas				Cheese V *Sausage	Pepperoni Cheese V	 <i>featuring...</i>  Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries & chocolate milk for the ultimate post-workout recovery drink.
Hot and Fresh Vegetables				Mixed Vegetables Cucumber Slices Salsa	Seasoned Green Beans Baby Carrots Garden Pea Salad	
Fruit	Fresh and canned fruit variety daily. Selection can include apples, oranges, blueberries, melon, bananas, pears, etc.					V=vegetarian option available *Contains or may contain pork ingredients. ** w/Dinner Roll
Grab 'N Go				Crispy Chicken Salad** Turkey *Bacon Wrap	Garden Salad** Chicken Ranch Wrap	
Rotating Hot Bar				Baked Potato w/Broccoli & Cheese & Garlic Biscuit	Chicken Tenders w/Dinner Roll	

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



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	Monday February 5	Tuesday February 6	Wednesday February 7	Thursday February 8	Friday February 9	DAILY
Daily Special	Sweet & Sour Chicken Over Rice	Toasted Cheese Sandwich V	Cheesy Garlic Breadstick Dippers w/Spaghetti Sauce V	Fiesta Nacho Supreme	Stuffed Crust Pepperoni Pizza	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	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 Tomato Soup	Seasoned Green Beans Baby Carrots Cucumber Slices	Golden Corn Shredded Lettuce Garden Salsa	Mixed Vegetables 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	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 & Egg Patty	Baked Potato w/Broccoli, Cheese & Garlic Biscuit V	Jumbo Corn Dog	



featuring...



Cherry

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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	Monday February 12	Tuesday February 13	Wednesday February 14	Thursday February 15	Friday February 16
Daily Special	Chili Cheese Fries** V	Meatball Bomber	Fiesta Nacho Supreme	*Toasted Ham & Cheese Sandwich	No School Institute Day
Hot Sandwiches	Spicy Chicken	Cheeseburger	*Bacon Cheeseburger	Spicy Chicken	
	Hamburger	Crispy Chicken	Spicy Chicken	Cheeseburger	
Pizzas	Cheese V	Cheese V	Cheese V	Cheese V	
	Pepperoni	*Sausage	Pepperoni	*Sausage	
Hot and Fresh Vegetables	Mixed Vegetables Garden Salad Broccoli Buds	Garden Peas Baby Carrots Cucumber Slices	Golden Corn Jalapeno Peppers Black Bean & Corn Salsa	Tomato Soup 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** Crispy Chicken Wrap	Crispy Chicken Salad** Chicken Ranch Wrap	Crispy Chicken Salad** Turkey *Bacon Wrap	
Rotating Hot Bar	Macaroni & Cheese** V	Baked Penne Pasta w/Garlic Bread V	Breakfast Quesadilla	Baked Potato w/Broccoli & Cheese V	

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...



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

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** w/Dinner Roll

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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	Mini Corn Dogs	Chicken Nuggets w/Dinner Roll	Soft Shell Tacos w/Shredded Cheese	Chicken & Cheese Quesadilla	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		Spicy Chicken	*Bacon Cheeseburger	Crispy Chicken	Cheeseburger	
Pizzas		Cheeseburger	Crispy Chicken	Cheeseburger	Crispy Chicken	 <i>featuring...</i>  Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries & chocolate milk for the ultimate post-workout recovery drink.
		Pepperoni	Double Stuffed V	Cheese V	Cheese V	
Hot and Fresh Vegetables		Pepperoni	Pepperoni	*Sausage	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		Garden Salad** Crispy Chicken Wrap	Crispy Chicken Salad** Chicken Ranch Wrap	Garden Salad** Crispy Chicken Wrap	
Rotating Hot Bar		Spaghetti & Meatballs w/Garlic Bread	Hot Dog w/Chili & Cheese Sauce	Macaroni & Cheese** V	Potato w/Broccoli, Cheese & Garlic Biscuit V	V=vegetarian option available *Contains or may contain pork ingredients. ** w/Dinner Roll

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	Monday February 26	Tuesday February 27	Wednesday February 28	Thursday	Friday	DAILY
Daily Special	Sweet & Sour Chicken Over Rice	Toasted Cheese Sandwich V	Cheesy Garlic Breadstick Dippers w/Spaghetti Sauce V			AVAILABLE DAILY Fresh Fruit & Vegetable Bar Variety of Apples, Oranges, Bananas, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce
Hot Sandwiches	Spicy Chicken	Cheeseburger	Crispy Chicken			Students may choose from a variety of Fruit & Vegetables each day!
	Hamburger	Crispy Chicken	*Bacon Cheeseburger			
Pizzas	Cheese V	Cheese V	Double Stuffed V			 <p>featuring...</p>  <p>Cherry</p> <p>Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries & 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>
	Pepperoni	*Sausage	Pepperoni			
Hot and Fresh Vegetables	Garden Peas Marinated Cucumber & Tomato Salad Black Beans	Baked Fries Broccoli Buds Tomato Soup	Seasoned Green Beans Baby Carrots Cucumber Slices			
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	Crispy Chicken Salad** Chicken Ranch Wrap			
Rotating Hot Bar	Hot Dog w/Chili & Cheese Sauce	Macaroni & Cheese** V	French Toast w/*Sausage Patty			

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