



Sycamore Community School District 427

May 2018

Sycamore CUSD #427 High School Lunch Menu

arbor Management Inc.



Arbor A+ Nutrition Mission

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

~Arbor Management~

Make Choices for a Healthy Lifestyle!



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

Questions about the menu?
 Sophie Stuebinger Food Service Director
 Email sstuebinger@syc.org
 815-899-8155

	Monday	Tuesday	Wednesday	Thursday	Friday
Includes fruit and vegetable choices, whole grain breads and rolls and milk.	5/7 *Western BBQ Bacon Burger	5/8 Cheese Garlic Breadstick V w/Marinara Sauce	5/9 BBQ Chicken Sandwich	5/10 Build Your Own Burrito	5/11 Homemade Buffalo Chicken Pizza
	5/14 Chili Cheese Fries w/Dinner Roll	5/15 Chicken Parmesan Sandwich	5/16 Char-Broiled Salisbury Steak	5/17 Chicken & Cheese Quesadilla	5/18 Meatball Bombers
	5/21 Chicken *Bacon Melt	5/22	5/23	5/24	5/25

Fresh Fruit & Veggie Bar available daily with all lunches

Sandwich Selection
 Crispy or Spicy Chicken Sandwich
 Grilled Burgers
 Fiesta Nacho Supreme

Daily Pizza Selections	Monday	Tuesday	Wednesday	Thursday	Friday
*Meat Lover's	Cheese Pizza V	Buffalo Chicken	Cheese Pizza V	Veggie Pizza V	
Pepperoni	*Sausage	Pepperoni	*Sausage	Pepperoni	

Wraps	Monday	Tuesday	Wednesday	Thursday	Friday
Buffalo Chicken Wrap	*BLT Wrap	Turkey & Cheese Wrap	Chicken Ranch Wrap	*Turkey & Bacon Wrap	

Fresh Salads	Monday	Tuesday	Wednesday	Thursday	Friday
**Crispy Chicken Salad **Mixed Garden Salad w/Black Beans and Corn V	**Chef Salad **Mixed Garden Salad V	**Buffalo Chicken Salad **Mediterranean Veggie Salad V	**Chicken Caesar Salad **Mixed Garden Salad V	**Crispy Chicken Salad **Mixed Garden Salad w/Black Beans and Corn V	

Lunch \$2.70

Milk 55¢

Comprehensive nutrition & allergy guides are available in the Foodservice Office.

Spring is in the air!

With spring comes the early beginnings of local, seasonal produce.

Look for new spring options on the **FRUIT & VEGGIE BAR!**

Go ahead, try it, you might like it!

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

