



Sycamore Community School District 427

May 2018

Sycamore CUSD #427 Middle School Lunch Menu



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
 Phone: 815-899-8155

	Monday	Tuesday	Wednesday	Thursday	Friday
Includes fruit and vegetable choices, whole grain breads and rolls and milk. Daily Special	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 Bosco Sticks V	5/23 Toasted Cheese Sandwich V	5/24 BBQ Chicken Pizza	5/25
				Last Day Of School	

Lunch \$2.70
Milk 55¢

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

Fresh Fruit & Veggie Bar available daily with all lunches

Sandwich Selection	Crispy or Spicy Chicken Sandwich Grilled Burgers Fiesta Nacho Supreme				
	Daily Pizza Selections	*Meat Lover's	Cheese Pizza V	Buffalo Chicken	Cheese Pizza V
Wraps	Pepperoni	*Sausage	Pepperoni	*Sausage	Pepperoni
Fresh Salads	Buffalo Chicken Wrap	*BLT Wrap	Turkey & Cheese Wrap	Chicken Ranch Wrap	*Turkey & Bacon Wrap
	**Crispy Chicken Salad **Mixed Garden Salad w/black beans and corn	**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 V Salad w/black beans and corn

Neither Sycamore CUSD #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.

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

