



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Crunchy Mini Corn Dogs	Oven Baked 3-Cheese Pizza
5	6	7	8	9
Bacon Cheeseburger	**Salisbury Steak Mashed Potatoes	**Pasta w/Meat Sauce	Chicken Parmesan Sandwich	Homemade Cheese Pizza v
12	13	14	15	16
Walking Tacos w/Sour Cream	Breadsticks w/Marinara	**Chicken Alfredo	Western BBQ Burger	Homemade Taco Pizza
19	20	21	22	23
No School	No School	No School	No School	No School
26	27	28	29	30
*Bacon Cheeseburger	**Salisbury Steak Mashed Potatoes	**Pasta w/Meat Sauce	Chicken Parmesan Sandwich	Homemade Cheese Pizza v
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
<b>Crispy Regular or Spicy Chicken Sandwich Grilled Burgers, Make your own Deli Station, Nacho Supreme/Taco Bar</b>				
Cheese v Pepperoni	Stuffed Crust v Cheese	Cheese v *Sausage	Stuffed Crust Cheese v	Cheese v Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **v	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**

v=Vegetarian option available  
 \*\*Served with a roll  
 \*Contains or may contain pork ingredients.  
 Menu changes are occasionally necessary. Notice will be given when possible.



## Sycamore HS November 2018

**Lunch**  
**\$2.70**

**Milk**  
**\$0.55**

**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!**

  
[arbormgt.com](http://arbormgt.com)



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

**Questions about the menu?**  
 Sophie Stuebinger  
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 (815) 899-8160

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