



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

Daily Special

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

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Regular or Spicy Chicken Sandwich
Grilled Burgers, Make your own Deli Station,
Nacho Supreme/Taco Bar**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

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 MS
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!



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

Questions about the menu?
 Sophie Stuebinger
 sstuebinger@syc427.org
 (815) 899-8160

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