



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
3 Walking Tacos W/ Sour Cream	4 Breadsticks W/ Marinara	5 **Chicken Alfredo	6 Western BBQ Burger	7 Homemade Taco Pizza
10 Chicago Style Hot Dog	11 Baked Cheese Quesadilla	12 ** Oven Baked Mac & Cheese	13 Chicken Nuggets w/Waffle & Syrup	14 BBQ Chicken Pizza
17 Grilled Chicken Sandwich	18 *Bacon Cheeseburger	19 **Rotini w/Meat Sauce	20 Chicken Parmesan Sandwich	21 No School
24 No School	25 No School	26 No School	27 No School	28 No School
31 No School				

**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**

Cheese <b>V</b> Pepperoni	Stuffed Crust <b>V</b> Cheese	Cheese <b>V</b> *Sausage	Stuffed Crust Cheese <b>V</b>	Cheese <b>V</b> Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad <b>**V</b>	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.  
 This institution is an equal opportunity employer.



Sycamore HS  
December 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.**