



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

Daily Choices
 Daily Pizza Options
 Fresh Deli
 Fresh Salads

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Homemade Cheese Pizza
4 Walking Tacos W/Sour Cream	5 Breadsticks W/Marinara	6 **Chicken Alfredo	7 Western BBQ Burger	8 Homemade Taco Pizza
11 Chicago Style Hot Dog	12 Baked Cheese Quesadilla	13 ** Oven Baked Mac & Cheese	14 Chicken Nuggets w/Waffle & Syrup	15 BBQ Chicken Pizza
18 Grilled Chicken Sandwich	19 *Bacon Cheeseburger	20 **Rotini w/Meat Sauce	21 Chicken Parmesan Sandwich	22 Buffalo Chicken Sandwich
25 *Bacon Cheeseburger	26 **Salisbury Steak Mashed Potatoes	27 **Pasta w/Meat Sauce	28 Chicken Parmesan Sandwich	
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 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.

This institution is an equal opportunity employer.



Sycamore HS February 2019

Lunch
\$2.70
 Milk is included with meal

Milk
\$.55
 A Variety of Milk is Available Daily

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.

