



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 MS Lunch Menu 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!



arbor online
arbormgt.com



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.