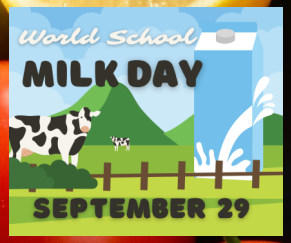
September 2021 Somonauk Middle School Lunch

Like us on Facebook

FREE MEALS
To All Enrolled Students

FEATURES



Garden Spot
Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Rotini & Meatballs Dinner Roll Veggie of the Day Fruit of the Day	Walking Taco Nachos Veggie of the Day Fruit of the Day	Spicy Chicken Sandwich Veggie of the Day Fruit of the Day
6	7	8	9	10
No School Labor Day	Jumbo Corn Dog Veggie of the Day Fruit of the Day	Creamy Chicken Alfredo Garlic Bread Veggie of the Day Fruit of the Day	Homemade Cheese Quesadilla-V Veggie of the Day Fruit of the Day	Early Dismissal
13	14	15	16	17
Crispy Chicken Tenders Soft Pretzel Rod Veggie of the Day Fruit of the Day	Sloppy Joe Scoops Veggie of the Day Fruit of the Day	Cheese Ravioli-V Garlic Bread Veggie of the Day Fruit of the Day	*Grilled Chicken Bacon Melt Veggie of the Day Fruit of the Day	Italian Meatball Sub Veggie of the Day Fruit of the Day
20	21	22	23	24
Mini Corn Dogs Veggie of the Day Fruit of the Day	Fajita Chicken Quesadilla Veggie of the Day Fruit of the Day	Penne Pasta Bolognese Garlic Bread Veggie of the Day Fruit of the Day	Savory Salisbury Steak Whole Grain Biscuit Veggie of the Day Fruit of the Day	*BBQ Pork Rib Sandwich Veggie of the Day Fruit of the Day
27	28	29 World School Milk Day	30	
Chicken Parmesan Sandwich Veggie of the Day Fruit of the Day	Beef Soft Tacos Veggie of the Day Fruit of the Day	Creamy Mac & Cheese-V Soft Pretzel Rod Veggie of the Day Fruit of the Day	Chipotle Chicken Burrito Bowl w/ Cilantro Lime Rice Veggie of the Day Fruit of the Day	
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Tuna Salad Sandwich

Daily Entrées

Cheeseburgers
Chicken Sandwiches
Pizza Selection
Cheesy Nachos

Included with Every Meal
Fruit and Vegetable
Choice of Milk

V= Vegetarian
(*) Contains or may contain Pork

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
- ✓ **Plant based entrée options**

~Arbor Management~

Make Choices for a Healthy Lifestyle!

arbor online
arbormgt.com

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

Menu changes are occasionally necessary.
Notice will be given when possible..
This institution is an equal opportunity employer.