October Somonauk JRW School Lunch

Monday-R	Tuesday– A	Wednesday– B	Thursday-A	Friday-B
	9/29	9/30	10/1	10/2
	Breaded Chicken Sandwich Vegetable of the Day Fruit Serving	Fiesta Nachos Vegetable of the Day Fruit Serving	Baked Macaroni & Cheese Vegetable of the Day Fruit Serving	Mini Corn Dog Nuggets Vegetable of the Day Fruit Serving
10/5	10/6	10/7	10/8	10/9
Hamburger Vegetable of the Day Fruit Serving	Fiesta Nachos Vegetable of the Day Fruit Serving	Pizza Dippers Vegetable of the Day Fruit Serving	French Toast Sticks w/Sausage Vegetable of the Day Fruit Serving	Hot Dog Vegetable of the Day Fruit Serving
10/12	10/13	10/14	10/15	10/16
Columbus Day	Breaded Chicken Sandwich Vegetable of the Day Fruit Serving	Baked Macaroni & Cheese Vegetable of the Day Fruit Serving	Pizza Munchable Vegetable of the Day Fruit Serving	Breaded Chicken Sandwich Vegetable of the Day Fruit Serving
10/19	10/20	10/21	10/22	10/23
Hamburger Vegetable of the Day Fruit Serving	Mini Corn Dog Nuggets Vegetable of the Day Fruit Serving	French Toast Sticks w/Sausage Vegetable of the Day Fruit Serving	Soft Tacos Vegetable of the Day Fruit Serving	Pizza Munchable Vegetable of the Day Fruit Serving
10/26	10/27	10/28	10/29	10/30
Hamburger Vegetable of the Day Fruit Serving	Breaded Chicken Sandwich Vegetable of the Day Fruit Serving	Fiesta Nachos Vegetable of the Day Fruit Serving	Baked Macaroni & Cheese Vegetable of the Day Fruit Serving	Mini Corn Dog Nuggets Vegetable of the Day Fruit Serving

arbor Management Inc.

FREE LUNCH

Take Home Menu

Monday –Hamburger/Specialty Burger
Tuesday- Crispy/Spicy Chicken Sandwich
Wednesday – Hot Dog
Thursday-Crispy Chicken Nuggets/Chicken Tenders
Friday- Pizza Day

Heat & Serve Meals

these meals are offered precooked and served cold with the purpose of them being heated PRIOR to consuming. Please make sure to **HEAT to a temperature of 165*F or higher**. All hot foods must be held at a temperature of 135*F or higher.

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!

Included with Every Meal
Fruit and Vegetable
1% or Fat-Free Milk

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