



Daily Lunch Specials

Prices Vary Daily

All ARBOR EXTRAS are Available Every Day

Homestyle Meals (Includes Milk)

\$3.25

Extra Milk \$0.75



Monday	Tuesday	Wednesday	Thursday	Friday
3 5 Pc Jalapeno Cheddar Poppers \$3.90	4 "Canadian" Fries w/Cheese Curds \$4.25	5 Build A Giant Burrito Bar \$4.25	6 4 "KFC" Chicken Tenders w/Sauce \$3.90	7 TEACHER'S INSTITUTE NO STUDENT ATTENDANCE
10 NOT IN ATTENDANCE	11 Popcorn Chicken w/Sauce \$3.80	12 6 Pc Mac N Cheese Wedges \$3.80	13 **KFC" Chicken Bacon Ranch Sandwich	14 2 Bosco Sticks w/Sauce \$3.60
17 *Loaded Waffle Fries \$3.95	18 8 Pc Mini Tacos w/Cheese \$3.80	19 Asian Chicken Bowl \$4.25	20 6 Pc Cheese Sticks w/Sauce \$3.90	21 *Handmade Pizza Calzone \$4.00
24 3 Pc "Crazy" Garlic Bread Sticks w/Sauce \$3.80	25 *Double Bacon N Swiss Burger \$3.95	26 "KFC" Country Chicken Bowl \$4.25	27 Fried Cheese Ravioli w/Sauce \$3.90	28 10 Pc Chicken Nuggets w/Sauce \$3.80
31 Chicken O's w/Sauce \$3.80				

ARBOR EXTRAS: Daily Combos with Fries, Specialty Pizzas, Sandwiches & Wraps, Garden Fresh Salads, and Fresh N Go

3	4	5	6	7
Chicken Sandwich w/Mayo Sweet Potato Fries Fresh Crisp Apple	8 Pc Mini Corn Dog Nuggets Hardy Baked Beans Mandarin Oranges	Alfredo Meatballs Over Egg Noodles Green Beans Fruit Cocktail	Jumbo Baked Pretzel w/Cheese Crinkle Cut Fries Diced Peaches w/Yogurt	TEACHER'S INSTITUTE NO STUDENT ATTENDANCE
10 NOT IN ATTENDANCE	11 6 Pc Fish Nuggets w/Tartar Cheesy Rice Sweet Peas	12 100% Turkey Hot Dog w/Relish Sweet Potato Fries WG Fruit Bar	13 *Pizza Wedge Fresh Broccoli Cuts w/Ranch Dip 100% Juice Cup	14 Spicy Chicken Sandwich Smiley Fries Sweet Peas Applesauce
17 Tuna Casserole WG Roll w/Butter Diced Potatoes Fruit Cocktail	18 Grilled Hamburger w/Pickles Celery Sticks 100% Juice Cup	19 Egg N Cheese Biscuit w/Sausage Potato Puffs Pineapple Tidbits	20 Ham N Cheese Sandwich w/Lettuce & Tomato Macaroni Salad Fresh Crisp Apple	21 Baked Mostaccioli w/Garlic Toast Green Beans Diced Peaches
24 Beef & Cheese Taco Pie Carrots w/Ranch Fruit Cocktail	25 8 Pc Chicken Nuggets Mash Potatoes w/Gravy Fresh California Orange	26 Turkey & Cheese Sandwich w/Mayo Ranch Pasta Salad Petite Banana	27 Baked Rotini w/Garlic Toast Green Beans Pineapple Gelatin Cup	28 Sloppy Joe Sandwich Crinkle Cut Fries Mandarin Oranges
31 Grilled Cheeseburger Pickles Sweet Corn Applesauce				

Rochelle Township HS

District #212

October 2022 Lunch

Fruit & Veggies
available daily with all lunches

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!



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

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.