



Daily Lunch Specials

Prices Vary Daily
\$4.15 +
 Regular Side Fry: **\$2.75**
 Specialty Side Fry: **\$3.25**

Homestyle Meals (Includes Milk)
\$3.50
 Extra Milk **\$0.80**

All ARBOR EXTRAS are Available Every Day & Include:

Daily Specials, Specialty Pizzas, Sandwiches & Wraps,



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
TEACHER'S INSTITUTE NO LUNCH SERVED	TEACHER'S INTITUTE NO LUNCH SERVED	6 PC CHEESE STICKS W/SAUCE \$4.10 OR CHEF SALAD W/RANCH WG ROLL & BUTTER FRESH CRISP APPLE PEANUT BUTTER CUP	POPCORN CHICKEN W/SAUCE \$4.10 OR CHICKEN PATTY SANDWICH W/MAYO BABY CARROTS W/RANCH	CHICKEN N PEPPERS TACOS W/SOUR CREAM \$4.25 OR JUMBO BAKED PRETZEL W/CHEESE CRINKLE CUT FRIES
21	22	23	24	25
8 PC MINI TACOS W/CHEESE \$4.10 OR SWEET N SOUR CHICKEN OVER RICE SWEET GARDEN PEAS	GRILLED CHICKEN QUESADILLA W/SALSA \$4.25 OR PBJ SANDWICH BAKED LAYS FRESH PETITE BANANA	"KFC" CHICKEN TENDERS W/SAUCE \$4.10 OR HOMEMADE MAC N CHEESE GARLIC TOAST SWEET CORN	POPCORN CHICKEN COUNTRY BOWL \$4.75 OR FISH TACOS W/LETTUCE & TARTAR CRISP CELERY STICKS PINEAPPLE TIDBITS	2 BOSCO STICKS W/SAUCE \$3.95 OR 100% TRUKEY HOT DOG W/RELISH
28	29	30	31	
10 PC CHICKEN NUGGETS W/SAUCE \$4.10 OR TUNA SALAD ON GREENS WG ROLL W/BUTTER FRESH PEAR	WALKING TACO \$4.00 OR 3 PC CHICKEN STRIPS CHEESY RICE GREEN BEANS MANDARIN ORANGES	ASIAN CHICKEN BOWL W/RICE \$4.75 OR BEEF RAVIOLI WG ROLL MIXED VEGGIES FRESH CRISP APPLE	CHEESE CURDS W/SAUCE \$4.10 OR GRILLED HAMBURGER ON BUN W/PICKLES BABY CARROTS W/RANCH MIXED FRUIT COCKTAIL IN GELATIN	

Rochelle Township HS District #212 AUGUST 2023 Lunch

Fruit & Veggies available daily

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
 arbormgmt.com

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.