



whole grain breads and rolls and milk
Includes fruit and vegetable choices,
Daily Special

Daily Choices
Daily Pizza Options



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Winter Break	Winter Break	Winter Break	Winter Break
7	8	9	10	11
<i>Institute Day</i>	Mini Corn Dogs	Salisbury Steak Mashed potatoes	Egg, Cheese and Sausage Sandwich	Pasta W/Meat Sauce Garlic Bread
14	15	16	17	18
BBQ Rib Sandwich	Spicy Chicken Sandwich	Beef, Bean and Cheese Burrito	Chicken Tenders Dinner Roll	Bacon Chicken Melt
21	22	23	24	25
No School	Quesadillas	Meatballs And gravy	Grilled Cheese	Meatball Sub
28	29	30	31	
Hot Dog	Lasagna Roll Up	BBQ Rib Sandwich	Bacon Cheeseburger	
Fresh Fruit & Veggie Bar available daily with all lunches				
Crispy or Grilled Chicken Sandwich Grilled Burgers Nachos				
Cheese Pizza	Stuffed Crust Cheese	Turkey Sausage Pizza	Turkey Pepperoni Pizza	Cheese Pizza

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.



Wood Dale Junior High School District 7 January 2019

Lunch
\$2.85

A Variety of Milk is
included with meal

Milk
\$.55

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!



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

Questions about the menu?
Nina Walters
amanager@wdsd7.org
630-766-6250

Comprehensive
nutrition & allergy
guides are
available in the
Foodservice Office.