

March 2024 Lakes SD 117 High School Lunch

Lunch \$ 3.50

Milk .60¢

**HOMESTYLE
MEAL**

V= Vegetarian

(*) Contains or may contain Pork

FEATURES

Fresh N' Go

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
				3/1
				Crispy Fish Sandwich Pretzels Fresh Veggie w/dip
3/4	3/5	3/6	3/7	3/8
No School Casimir Pulaski Day	Country Chicken w/Gravy Roasted Potato Wedges Fresh Green Beans	Jumbo Waffles Sweet Maple Syrup *Pork Sausage Patty Hash Brown Fresh Apple	Chicken Nuggets Potato Puffs Orange Wedges	Cheese Ravioli Garden Salad w/Dressing Garlic Bread
3/11	3/12	3/13	3/14	3/15
Creamy Mac & Cheese Garden Salad w/ Dressing Fresh Grapes	BBQ Rib* Sandwich Fritos Sliced Pears	Chicken & Biscuit Pot Pie Fruit Gelatin	Pancakes Sweet Maple Syrup *Pork Sausage Link Hash Brown Orange Wedges	Grilled Cheese Sandwich Tomato Soup Raisins
3/18	3/19	3/20	3/21	3/22
All Beef Hot Dog Pineapple Tidbits Potato Chips	Chicken Parmesan Hot Buttered Noodles Peas & Carrots	Meatballs w/Gravy Parsley Potatoes Steamed Corn	Cheesy Pasta Bake V Toasted Garlic Bread Garden Salad Choice of Dressing	Pizza Bread V Fresh Veggie w/dip Fresh Apple
3/25	3/26	3/27	3/28	3/29
SPRING BREAK				
Nacho Supreme w/ Churro \$5.25	Crispy Chicken Bacon Ranch on a Kaiser Roll w/Fries \$5.50	Supreme Burger w/ Curly Fries \$5.25	Italian Beef Sliders w/Fries \$5.75	Crispy Boneless Chicken Wings w/Waffle Fries \$5.50
Fresh Grapes Fresh Pineapple Fresh Mixed Fruits	Fresh Fruit Apple or Orange	Fresh Grapes Fresh Pineapple Fresh Mixed Fruits	Fresh Fruit Apple or Orange	Fresh Grapes Fresh Pineapple Fresh Mixed Fruits
Garden Salad V or Chicken Caesar Salad	Buffalo Salad or Fresh Veggies w/Dip V	Mascot Salad or Crispy Chicken Salad	Southwest Salad or Julienne Salad	Garden Salad V or Fresh Veggies w/Dip V
Buffalo Style Chicken Wrap	Turkey, Ham or Italian Subs w/Cheese	Variety of Wraps Variety of Deli Subs	Italian Wrap or Turkey Bacon Wrap	Grilled Chicken Subs or Wraps

Daily Entrées

**Cheeseburgers
Chicken Sandwiches
Plain Pizza
& Stuffed Crust Pizza**

**Fruit Or Veggies
available daily with all lunches**

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!

**Menu changes are occasionally necessary.
Notice will be given when possible.**

