

February

2018

Elementary School District 159

Colin Powell Lunch Menu

arbor Management Inc.



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lasagna Roll 19G w/Dinner Roll 13G Steamed Broccoli Cherry Tomatoes (4) 100% Fruit Juice	2 Pepperoni Pizza 34G Vegetarian Beans Cucumber Slices Assorted Fresh Fruit
5 Chicken Tenders 14G w/Roll 13G Baby Carrots w/Ranch Tri-Tater (1) Fresh Assorted Fruit	6 Salisbury Steak Sandwich 33G Mashed Potatoes Sweet Corn Assorted Fresh Fruit	7 LUCKY TRAY DAY Cheese Garlic Flatbread 35G Seasoned Green Beans Broccoli Buds w/Ranch Assorted Fresh Fruit	8 Nacho Supreme 34G Shredded Romaine Zesty Salsa 100% Fruit Juice	9 Half Day Hamburger 28G Assorted Fresh Veggies Assorted Fresh Fruit
12 Cheese Pizza 37G Romaine Salad Cucumber Slices Assorted Fresh Fruit	13 Nacho Supreme 34G Refried Beans Zesty Salsa Assorted Fresh Fruit	14 Chicken Parmesan Sandwich 41G Fresh Spinach Tiny Tomatoes Applesauce	15 Turkey 0G Mashed Potatoes w/Gravy Seasoned Green Beans Romaine Salad Assorted Fresh Fruit Cookie	16 Crispy Chicken on a Waffle 27G Baby Carrots w/Ranch Cauliflower Buds Variety Fresh Fruit
19 NO SCHOOL PRESIDENT'S DAY	20 Pancakes 30G Turkey Sausage 0G Baby Carrots w/Ranch Tri-Tater (1) Assorted Fresh Fruit President Cookies	21 Pepperoni Pizza 34G Romaine Salad Cucumber Slices Assorted Fresh Fruit	22 Cheeseburger 29G Assorted Fresh Veggies Assorted Fresh Fruit	23 Nacho Supreme 34G Refried Beans Zesty Salsa Assorted Fresh Fruit
26 Sriracha Chicken Sandwich 41G Steamed Broccoli Black Beans Applesauce	27 Cheese Pizza 37G Green Beans Green Salad w/Tomatoes 100% Fruit Juice	28 Mini Corn Dogs 31G Romaine Salad Garbanzo Beans Assorted Fresh Fruit		

Neither Elementary School District 159, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.

(*) Contains Pork

Farm Fresh Produce
featuring... **Cherry**
Nutrients in cherries can help heal muscles. Try a smoothie with tart cherries and chocolate milk for the ultimate post-workout recovery drink!

Available Daily:
American Sub 30G
Edamame Salad 26G

Lunch \$2.60
(Milk included with meal)
Milk 50¢
Offered Daily:
Fat Free Flavored
1% White

Lucky Tray Day
February 7th

Questions
Call Mary Kyler
Food Service Manager
708-283-9733
Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
For more information or to "Ask the Dietitian", check out our website!