

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			Baked Pasta w/Marinara Sauce	French Toast w/Turkey Sausage Patty	Walking Tacos
6	7	8	9	10	
Macaroni & Cheese w/Roll	Cheesy Hot Dog on a Bun	Grilled Cheeseburger on a Roll	Chicken Mashed Potato Bowl	Sloppy Joe Sandwich	
13	14	15	16	17	
Bacon Burger Tri-Tater (1)	**Salisbury Steak Mashed Potatoes	Crunchy Mini Corn Dogs Tri-Tater (1)	Meatballs Mashed Potatoes	Grilled Cheese Sandwich	
20	21	22	23	24	
French Toast w/Turkey Sausage Patty	Bacon Bird Dog	Stuffed Breadsticks w/Marinara Sauce	Chicken Nuggets w/Corn Bread	Sriracha Chicken On a Roll	
27	28	29	30	31	
<b>NO SCHOOL MEMORIAL DAY</b>	Grilled Cheese Sandwich	Macaroni & Cheese w/Roll	Loaded Baked Potatoes	Penne Pasta w/Alfredo Sauce	
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>					
<b>Crispy or Grilled Chicken Sandwich Grilled Burgers Nacho Supreme with Zesty Salsa and Jalapeños</b>					
	Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Cheesy Garlic Flatbread	Cheese or Pepperoni
	Turkey and Cheese Wrap	Chicken Caesar Wrap	Turkey and Cheese Sub Lettuce/Tomato	Southwest Chicken Wrap	Turkey and Cheese Wrap
	Crispy Chicken Salad or Grilled Chicken Salad	Buffalo Chicken Salad	Crispy Chicken Salad or Grilled Chicken Salad	Vegetarian Chef Salad or Chef Salad (Turkey & Cheese)	Crispy Chicken Salad or Grilled Chicken Salad

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

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



## North Palos Conrady Jr. High Lunch Menu May 2019

**Lunch \$2.90**  
**Adult \$3.30**  
Milk is Included with Meal

**Milk \$.45**  
A Variety of Milk is Offered Daily

**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!**

  
[arbormgt.com](http://arbormgt.com)



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

**Questions about the menu?**  
**Pam Boyd**  
**708-233-4514**

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

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.