

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Daily Special Includes fruit and vegetable choices, whole grain breads and rolls and milk	Macaroni & Cheese w/Roll	Walking Tacos			
	10	11	12	13	14
	17	18	19	20	21
	24	25	26	27	28
Daily Choices	<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>				
Daily Pizza Options	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
Fresh Deli Salads	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
	V=Vegetarian option available **Served with a roll *Contains or may contain pork ingredients.				



North Palos  
Conrady Jr. High  
Lunch Menu  
June 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!**



 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.

Menu changes are occasionally necessary. Notice will be given when possible.  
This institution is an equal opportunity employer.