




October Mundelein Elementary Lunch Menu



Lunch \$3.19
Milk \$0.60

Monday	Tuesday	Wednesday	Thursday	Friday
2 Juicy Cheeseburger Baked Beans Sliced Cucumbers Fruit of the Day	3 Pizza Dippers with Marinara Sauce-V Tomato Soup Leafy Green Salad Fruit of the Day	4 Chicken Drumstick Dinner Roll Baked Fries Celery Sticks Fruit of the Day	5 Sloppy Joe Sandwich Steamed Broccoli Marinated Green Beans Fruit of the Day	6 Maple Pancake Sausage Bites Glazed Carrots Cauliflower Florets Fruit of the Day
9 Columbus Day No School	10 Chicago Style All Beef Hot Dog Vegetarian Beans Celery Sticks Fruit of the Day	11 Chicken & Waffle Honey Chipotle Sweet Potatoes Grape Tomatoes Fruit of the Day	12 Walking Taco Nachos Seasoned Black Beans Zesty Salsa Fruit of the Day	13 *BBQ Pork Rib Sandwich Baked Fries Broccoli Salad Fruit of the Day
16 Crispy Chicken Sandwich Corn Baby Carrots Fruit of the Day	17 Chicken Nuggets w/ Goldfish Crackers Mixed Vegetables Broccoli Florets Fruit of the Day	18 Creamy Mac & Cheese-V Soft Pretzel Rod Seasoned Green Beans Garbanzo Bean Salad Fruit of the Day	19 Jumbo Corn Dog Mixed Vegetables Marinated Green Beans Fruit of the Day	20 Pepperoni Pizza Garlic Roasted Carrots Leafy Green Salad Fruit of the Day
23 Crispy Chicken Tenders w/ Biscuit Steamed Carrots Celery Sticks Fruit of the Day	24 Chicago Style All Beef Hot Dog Vegetarian Beans Broccoli Florets Fruit of the Day	25 Cheesy Beef Nachos Sweet Corn Zesty Salsa Fruit of the Day	26 Penne Pasta with Meat Marinara Sauce Garlic Bread Seasoned Green Beans Leafy Green Salad	27 Mini Corn Dogs Green Peas Baby Carrots Fruit of the Day
30 *BBQ Pork Rib Sandwich Roasted Garlic Carrots Fresh Made Coleslaw Fruit of the Day	31 French Toast Sticks w/ Sausage Leafy Green Salad Celery Sticks Fruit of the Day			 National School Lunch Week October 9-13, 2023

We are Hiring!

You will love the work schedule!
No nights or weekends!
Holidays off!
Apply Online at:
www.arbormgt.com/careers
Scan Me To Apply!



Daily Options

Monday—Hummus Lunch Box
Tuesday—Turkey & Cheese Sandwich
Wednesday -Crispy Chicken Salad w/ Roll
Thursday—Ham & Cheese Sandwich
Friday—Italian Turkey Sub

Vegetarian Options Available Daily

SunButter & Jelly Sandwich
Garden Salad w/Roll

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!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.

This is a peanut & tree nut free menu

Included with Every Meal
Fruit and Vegetable
Choice of Milk
V= Vegetarian