



October Mundelein Jr High Lunch Menu

Lunch \$3.19
Milk \$0.60

Included with Every Meal
Fruit and Vegetable
Choice of Milk
V= Vegetarian
This menu is free nut/peanut free

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.



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 Homemade	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 w/Meat Marinara Sauce Garlic Bread Seasoned Green Beans Leafy Green Salad Fruit of the Day	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 Patty Leafy Green Salad Celery Sticks Fruit of the Day		 National School Lunch Week October 9-13, 2023	
Popcorn Chicken Salad w/ Dinner Roll	Southwest Chicken Salad w/ Dinner Roll	Chef Salad w/ Pita Bread	Chicken Caesar Salad w/ Pita Bread	Taco Salad
*Turkey & Bacon Wrap	Italian Sub	Crispy Chicken Wrap	Buffalo Chicken Wrap	Ham & Cheese Sandwich

We are Hiring!
We Need Food Service Workers!
You will love the work schedule!
No nights or weekends!
Holidays off!
Apply Online at:
www.arbormgt.com/careers
Scan Me To Apply!



Daily Entrées

Cheeseburgers
Chicken Sandwiches
Cheese Pizza Daily
Chefs Choice Pizza
(Pepperoni or Sausage)

Vegetarian Options
SunButter & Jelly
Garden Salad

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!