

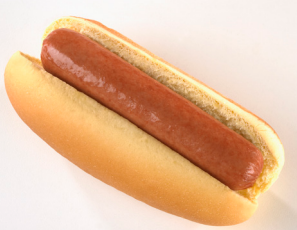








**Arlington Heights**  
SCHOOL DISTRICT 25

# Lunch Menu

## School Year 2018-2019

**CHOOSE ONE ENTRÉE - HOT OR COLD**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOT ENTRÉE</b>					
	<b>ALL BEEF HOT DOG ON BUN</b>	<b>TACO SCOOPS</b>	<b>PIZZA</b>	<b>POPCORN CHICKEN</b>	<b>PANCAKES WITH SAUSAGE</b>
<b>COLD ENTRÉE</b>		<b>CHICKEN NUGGET LUNCH PACK</b>		<b>BLT SALAD LUNCH PACK</b>	
	<b>CHEESE PIZZA LUNCH PACK</b>				
	<b>YOGURT &amp; CEREAL LUNCH PACK</b>				
	<b>DELI FRESH TURKEY &amp; CHEESE ON FRENCH BREAD ROLL</b>				

- **LUNCH \$2.85** (includes milk)

- **A LA CARTE MILK \$0.50**

Prepay Online: [mymealtime.com](http://mymealtime.com)

Check or Cash accepted at School

**GREAT SELECTION  
OF FRESH FRUITS  
& VEGETABLES**

**100% JUICE CUP**

**FRUIT CUPS  
PACKED IN JUICE**

**ALL LUNCHESES  
INCLUDE UP TO  
3 SIDE CHOICES**

**SMART SNACKS  
AVAILABLE FOR  
PURCHASE  
\$0.25 - \$1.00**

**MORE ON THE BACK** →

# WHY THIS PRODUCT?

Nutritional labels available online at [sd25.org](http://sd25.org)

## ALL BEEF HOT DOG

Eisenberg Hot Dog - Angus Beef, Clean Label, No Nitrates; Bun - Whole Grain

## TACO SCOOPS

Chips - Baked and Whole Grain, 0 Trans Fats, 0 Saturated Fats; Beef - Reduced Fat, Reduced Sodium

## PIZZA

Whole Grain Crust, Low Fat Cheese, Lower Sodium Sauce

## POPCORN CHICKEN

Tyson Product, Whole Grain Breading, No Antibiotics Ever, No Artificial Ingredients

## PANCAKES/SAUSAGE

Pancakes - Pillsbury, Whole Grain, No Artificial Colors or Flavors; Jones Chicken Sausage - All Natural, Clean Label

## CHICKEN NUGGETS

Tyson Product, Whole Grain Breading, No Antibiotics Ever, No Artificial Ingredients

## BLT SALAD

Fresh Leafy Greens, Turkey Bacon, Shredded Cheese, Whole Grain Flatbread

Leafy Greens - Leafy Greens Increase Vegetable Consumption

## CHEESE PIZZA PACK

Flatbread - Whole Grain; Cheese - High in Calcium; Sauce - Low Sodium, Provides ¼ cup of Vegetable

## YOGURT PACK

Yogurt - Non-fat, Good Source of Calcium & Vitamin D

Cinnamon Toast Crunch - Whole Grain, Reduced Sugar, No Artificial Flavors

Toasted Sunflower Seeds - Rich Protein Source, High Antioxidant

## DELI TURKEY

Turkey - Extra Lean Turkey Breast Meat; Cheese - Good Source of Calcium

Roll - Whole Grain, No Artificial Flavors or Colors

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