# April Skokie In School Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1 Spring Break | 2 Spring Break |
| | | | Turkey and Cheese Sandwich<br>Or<br>Cheese Sandwich-V<br>Vegetable of the Day<br>Chilled Cupped Fruit<br>Milk | Pizza Munchable with Cheese & Marinara —V<br>Vegetable of the Day<br>Fresh Fruit<br>Milk |
| 5 | 6 | 7 | 8 | 9 |
| Cheddar Cheese Stick-V<br>Goldfish Pretzels<br>Hard Boiled Egg<br>Vegetable of the Day<br>Fresh Fruit<br>Milk | Crispy Chicken Roll-Up<br>Or<br>Cheese Roll-Up-V<br>Vegetable of the Day<br>Chilled Cupped Fruit<br>Milk | "Say" Cheese Sandwich –V<br>Vegetable of the Day<br>Raisins/Cranberries<br>Milk | Cheese Sticks - V<br>Tortilla Chips<br>Salsa<br>Vegetable of the Day<br>Fresh Fruit<br>Milk | Turkey & Cheese Sub<br>Or<br>"Say Cheese" Sandwich—V<br>Vegetable of the Day<br>Fresh Fruit<br>Milk |
| 12 | 13 | 14 | 15 | 16 |
| Cheese Sticks - V<br>Tortilla Chips<br>Salsa<br>Vegetable of the Day<br>Fresh Fruit<br>Milk | Sun Butter & Jelly Sandwich –V<br>Vegetable of the Day<br>Chilled Cupped Fruit<br>Milk | Turkey Sandwich<br>Or<br>Cheese Sandwich—V<br>Vegetable of the Day<br>Raisins/Cranberries<br>Milk | "Say Cheese" Sandwich—V<br>Or<br>Green Side Salad w/Pita-V<br>Vegetable of the Day<br>Chilled Cupped Fruit<br>Milk | Pizza Munchable with Cheese & Marinara –V<br>Vegetable of the Day<br>Fresh Fruit<br>Milk |
| 19 | 20 | 21 | 22 | 23 |
| Corn Dog Nuggets<br>Or<br>"Say" Cheese Sandwich –V<br>Vegetable of the Day<br>Fresh Fruit<br>Milk | Chicken Nuggets<br>Or<br>Cheese Sub-V<br>Vegetable of the Day<br>Chilled Cupped Fruit<br>Or<br>Milk | Beef Nacho Supreme<br>Or<br>Cheese Sticks - V<br>Tortilla Chips<br>Salsa<br>Raisins/Cranberries<br>Milk | All Beef Hot Dog on a Bun<br>Or<br>"Say Cheese" Sandwich—V<br>Vegetable of the Day<br>Chilled Cupped Fruit<br>Milk | Double Stuffed Crust Pizza<br>Or<br>*Bean & Cheese Dip with Nacho Chips—V<br>Vegetable of the Day<br>Fresh Fruit<br>Milk |
| 26 | 27 | 28 | 29 | 30 |
| Hamburger on a Bun<br>Or<br>Cheese Sticks - V<br>Tortilla Chips<br>Salsa<br>Vegetable of the Day<br>Fresh Fruit<br>Milk | Chicken Sandwich<br>or<br>"Say Cheese" Sandwich—V<br>Chilled Cupped Fruit<br>Vegetable of the Day<br>Milk | Beef Nacho Supreme<br>Or<br>Sun Butter & Jelly Sandwich—V<br>Vegetable of the Day<br>Raisins/Cranberries<br>Milk | Corn Dog Nuggets<br>Or<br>Cheese Sandwich-V<br>Vegetable of the Day<br>Chilled Cupped Fruit<br>Milk | Pizza Dippers w/Marinara<br>Or<br>Pizza Munchable with Cheese & Marinara —V<br>Vegetable of the Day<br>Fresh Fruit<br>Milk |

**Included with Every Meal**
Fruit and Vegetable
1% or Fat-Free Milk

**FREE MEALS To All Children 18 and Under**

**Vegetarian Options Available Daily**
V = Vegetarian

**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!**

arbor online arbormgt.com

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

**Free Meals Available for Non Attendance Days**

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