



Arbor Park

School District 145

STUDENT MEAL INFORMATION

OCTOBER 26, 2020 UPDATE

Lunch Service for In-Person Learning

Beginning on October 26, 2020, in-person students will have access to a free daily lunch. One lunch option will be available daily with students opting in/out during their homeroom/1st period class. Lunches will be prepared and provided by Arbor Management, Inc., an independent food service management company. Lunch will be served in the classroom/academic space. Each lunch will consist of a main entrée (hot or cold), fruit, vegetable and milk. ***Students ordering meals while in-person may not participate in the remote learning meal pickup.***

- The lunch menus for the week of October 26, 2020 and the month of November 2020 are attached for your reference.

If you have any questions about our lunch service, please call Erin Joyce with Arbor Management, Inc. at 708-342-7699 or kitchenmanager@arbor145.org.

Breakfast/Lunch Service for Remote Learning

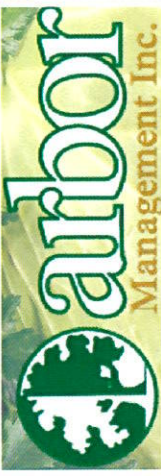
Beginning the week of October 26, 2020, free breakfast and lunch will be offered to all remote learners one-day a week (Wednesday's are the expected day of the week). Meals will be served at Arbor Park Middle School between 4:30pm and 6:00pm and multiple-day meals (breakfast and lunch) will be available for each student. Only Arbor Park School District 145 students are eligible to receive meals. Each meal will come with a main entrée, fruit, vegetable and milk. Any member of the household may pick up meals on behalf of a student.

- The breakfast and lunch menus for the month of November 2020 are attached for your reference.

If you have any questions about our lunch service, please call Erin Joyce with Arbor Management, Inc. at 708-342-7699 or kitchenmanager@arbor145.org.

FREE MEALS

To All Children
18 and Under



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

Arbor Park SD 145 October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
26 Chicken Tenders Vegetable of the Day Fresh Fruit Milk	27 Cheeseburger on a Bun Vegetable of the Day Cupped Fruit Milk	28 Spicy Chicken Sandwich Vegetable of the Day Raisins/ Cranberries Milk	29 Pizza Dippers w/ Marinara Sauce Vegetable of the Day Chilled Cupped Fruit Milk	30 Turkey Nachos Vegetable of the Day Fresh Fruit Milk

Heat & Serve Meals

these meals are offered precooked and served cold with the purpose of them being heated PRIOR to consuming. Please make sure to **HEAT to a temperature of 165°F or higher**. All hot foods must be held at a temperature of 135°F or higher.

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

Vegetarian Option Available Daily

- Cheese Pizza
- Yogurt & String Cheese
- or
- Tossed Green 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!

November 2020

Arbor Park SD 145 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dog Nuggets Vegetable of the Day Fresh Fruit Milk	3 No School	4 Turkey Nacho Supreme Vegetable of the Day Raisins/Cranberries Milk	5 Hot Dog on a Bun Vegetable of the Day Chilled Cupped Fruit Milk	6 Double Stuffed Crust Pizza Vegetable of the Day Fresh Fruit Milk
9 Hamburger on a Bun Vegetable of the Day Fresh Fruit Milk	10 Sun Butter & Jelly Sandwich-V Vegetable of the Day Cupped Fruit Milk	11 Turkey Nacho Supreme Vegetable of the Day Raisins/Cranberries Milk	12 Corn Dog Nuggets Vegetable of the Day Chilled Cupped Fruit Milk	13 Pizza Dippers w/Marinara Sauce Vegetable of the Day Fresh Fruit Milk
16 Hot Dog on a Bun Vegetable of the Day Fresh Fruit Milk	17 Chicken Sandwich Vegetable of the Day Cupped Fruit Milk	18 Turkey Nacho Supreme Vegetable of the Day Raisins/Cranberries Milk	19 Chicken Nuggets Vegetable of the Day Cupped Fruit Milk	20 Hamburger Vegetable of the Day Fresh Fruit Milk
23 No School	24 No School	25 No School	26 No School	27 No School
30 Corn Dog Nuggets Vegetable of the Day Fresh Fruit Milk				

FREE MEALS

To All Children 18 and Under

Heat & Serve Meals

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

November

Arbor Park SD 145 Breakfast Menu



FREE

MEALS

**To All Children 18
and Under**

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	3 No School Cereal Bar Fruit Selection 1% or Skim Milk	4 Cereal Bowl Fruit Selection 1% or Skim Milk	5 Tropical Banana Mini Loaf Fruit Selection 1% or Skim Milk	6 Lemon Blueberry Bites Fruit Selection 1% or Skim Milk
9 Strawberry Pop-Tart Graham Bear Fruit Selection 1% or Skim Milk	10 Cereal Bar Fruit Selection 1% or Skim Milk	11 Plain Bagel Fruit Selection 1% or Skim Milk	12 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	13 Cereal Bowl Fruit Selection 1% or Skim Milk
16 Cereal Bar Fruit Selection 1% or Skim Milk	17 Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	18 Cinnamon Pop-Tart Fruit Selection 1% or Skim Milk	19 Banana Bar Fruit Selection 1% or Skim Milk	20 Cereal Bowl Fruit Selection 1% or Skim Milk
23 No School Cereal Bar Fruit Selection 1% or Skim Milk	24 No School Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	25 No School Plain Bagel Fruit Selection 1% or Skim Milk	26 Thanksgiving Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	27 No School Cereal Bowl Fruit Selection 1% or Skim Milk
30 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk				

