



Daily Special
 Includes fruit and vegetable choices,
 whole grain breads and rolls and milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bacon Burger Tri-Taters (2)	2 **Salisbury Steak Mashed Potatoes	3 **Pasta w/ Meat Sauce	4 Sriracha Chicken On a Roll	5 Handmade Pizza Supreme
8 Walking Tacos w/ Sour Cream	9 Stuffed Breadsticks w/ Marinara	10 **Pasta w/ Meat Sauce	11 Western Burger Tri-Taters (2)	12 Handmade BBQ Chicken Pizza
15 Spring Break Begins	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break Ends
22 Grilled Chicken On a Pretzel Roll	23 Bacon Burger Tri-Tater (2)	24 **Pasta w/ Meat Sauce	25 Sriracha Chicken On a Roll	26 Handmade BBQ Chicken Pizza
29 Meatball Bomber on a Roll	30 BBQ Riblette on a Roll			

Fresh Fruit & Veggie Bar available daily with all lunches

Daily Sandwich Options
 Daily Pizza Choice
 Fresh Salads & Wraps

Spicy Chicken Sandwich	Nachos/ Tacos	Crispy Chicken Patty	Cheeseburger	Grilled Chicken Sandwich
Stuffed Crust Cheese	Pepperoni	Cheese	Personal Pan Pizza	Made From Scratch Pizza Variety
Crispy Chicken Salad	Buffalo Chicken Wrap	Deli Sub Bar	Southwest Crispy Chicken Salad	Chicken Ranch Wrap

V=Vegetarian option available
 **Served with a roll
 *Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.



Midwest Central Middle School April 2019

Lunch
\$0.00
 Milk is included
 with Meal

Milk
\$0.40
 A Variety of Milk
 is offered Daily

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!

Questions about the menu?
 Mary Hill
hill@midwestcentral.org
 309-968-6464 X 109

Comprehensive nutrition & allergy guides are available in the Foodservice Office.

