



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

Daily Special

Daily Sandwich Options

Daily Pizza Choice

Fresh Salads & Wraps



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bacon Burger Tri-Taters (2)	4 **Salisbury Steak Mashed Potatoes	5 **Pasta w/ Meat Sauce	6 Sriracha Chicken On a Roll	7 Handmade Pizza Supreme
10 Walking Tacos w/Sour Cream	11 Stuffed Breadsticks w/ Marinara	12 **Pasta w/Meat Sauce	13 Western Burger Tri-Taters (2)	14 Handmade BBQ Chicken Pizza
17 Grilled Hot Dog w/ Fixings	18 Baked Cheese Quesadilla	19 **Oven Baked Mac & Cheese	20 Smothered Meatballs over Mashed Potatoes	21 Handmade Pizza Supreme
24 WINTER BREAK BEGINS	25	26	27	28
31				

Fresh Fruit & Veggie Bar available daily with all lunches

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.

This institution is an equal opportunity employer.



Midwest Central Middle School December 2018

Lunch
\$0.00

Milk
\$0.40

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.