



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Handmade Pizza Supreme
4 Walking Tacos w/Sour Cream	5 Stuffed Breadsticks w/ Marinara	6 **Pasta w/Meat Sauce	7 Western Burger Tri-Taters (2)	8 Handmade BBQ Chicken Pizza
11 Grilled Hot Dog w/ Fixings	12 Baked Cheese Quesadilla	13 **Oven Baked Mac & Cheese	14 Smothered Meatballs over Mashed Potatoes	15 Handmade Pizza Supreme
18 No School	19 Bacon Burger Tri-Tater (2)	20 1/2 Day Early Dismissal No Lunch Served	21 Sriracha Chicken On a Roll	22 Handmade BBQ Chicken Pizza
25 Meatball Bomber on a Roll	26 BBQ Riblette on a Roll	27 **Pasta w/ Meat Sauce	28 Crunchy Corn Dogs Tri-Taters (2)	

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 February 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.