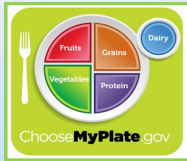




arbor Management Inc.



## March 2018 Midwest Central Middle School Lunch Menu



### Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

*-Arbor Management-*

### Make Choices for a Healthy Lifestyle! Questions about the menu?

Arbor Management, Inc.  
Mary Hill  
Food Service Manager  
@ 306-968-6464 ext 109  
Or Email: [hill@midwestcentral.org](mailto:hill@midwestcentral.org)

Comprehensive nutrition & allergy guides are available.

This menu follows USDA National School Lunch Program guidelines. USDA is an equal opportunity provider and employer.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Special	3/5 BBQ Rib Sandwich  3/12 Taco Bake  3/19 **Pepperoni Bake  3/26 No School	3/6 **Chicken Nuggets  3/13 Pizza Quesadilla  3/20 Chicken Quesadilla  3/27 No School	3/7 Cheesy Calzone  3/14 **Salisbury Steak w/ Mashed Potatoes  3/21 ** Rotini w/Meat Sauce  3/28 No School	3/1 **Country Chicken Bowl  3/8 ** Sweet and Sour Chicken  3/15 Chicken Tenders  3/22 **Country Chicken Bowl  3/29 No School	3/2 Pony Shoe  3/9 **Spaghetti w/ Meat Sauce  3/16 **Chili Cheese Fries  3/23 Western BBQ Burger  3/30 No School
Hot Veggies	Garden Peas Sweet Corn	Glazed Carrots Potato Puffs	Green Beans Mashed Potatoes	French Fries Baked Beans	Sweet Corn Fiesta Beans
Fruit	Fresh fruit, canned fruit, and 100% Fruit juice variety daily. Selection can include apples, oranges, blueberries, peaches, bananas, pears, etc.				
Grab 'n Go	Buffalo Chicken Wrap Meal	*Ham & Cheese Pinwheel Meal	BBQ Chicken Wrap Meal	Bacon Chicken Ranch Wrap Meal	Turkey & Cheese Pinwheel Meal
Hot Slice of Pizza	Pepperoni Bosco Sticks	Cheese V Pretzel w/ Meat & Cheese	Cheese V Bosco Sticks	Pepperoni Pretzel w/ Meat & Cheese	Variety Bosco Sticks
Fresh Deli Subs	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese
Daily Food Bar	Pasta Bar	Taco/ Nacho Bar	Deli Sandwich Bar	Burger Bar	Pizza Bar
Fresh Salads	Crispy Chicken	Taco Salad	Grilled Chicken	Chef Salad	Chicken Caesar
Hot Sandwiches	Cheeseburger	Chicken Patty	Cheeseburger	Chicken Patty	Fish Fillet

## DAILY

### FRUIT AND VEGETABLE BAR AVAILABLE DAILY

Variety of Apples,  
Oranges, Bananas,  
100% Fruit Juice,  
Cucumbers, Carrots,  
Cherry Tomatoes &  
Broccoli & Lettuce

Students may choose  
1 Fruit Servings &  
3 Vegetable Servings



featuring...



Need to top-up your child's account?  
Send a check payable to  
**Midwest Central SD 191**  
OR  
Go online at  
[www.teacherease.com](http://www.teacherease.com)  
& log into your student's account

Milk 35¢ a la carte  
Offered Daily:  
Fat Free Flavored  
Fat Free White  
1% White

V=vegetarian option available  
\*Contains or may contain pork ingredients.  
\*\* Served with bread slice



Menu changes may be necessary. Notice will be given when possible.

Lunch Free Milk .35¢ (Milk included with meal)