

	Monday	Tuesday	Wednesday	Thursday	Friday
					1 Handmade Pizza Supreme
4	No School	5 Stuffed Breadsticks w/Marinara Sauce	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	Grilled Chicken On a Pretzel Roll	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)	29 Oven Baked 3-Cheese Pizza
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>					
	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.					



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

**Daily Sandwich Options**

**Daily Pizza Choice**

**Fresh Salads & Wraps**



## Midwest Central Middle School March 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!**

  
 arboronline.com  
 arbormgt.com



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.**