

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			**Pasta w/ Meat Sauce	Sriracha Chicken On a Roll	Handmade Pizza Supreme
6	7	8	9	10	
Walking Tacos w/Sour Cream	Stuffed Breadsticks w/Marinara	**Pasta w/ Meat Sauce	Western Burger Tri-Taters (2)	Handmade BBQ Chicken Pizza	
13	14	15	16	17	
Grilled Hot Dog w/Fixings	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	Handmade Pizza Supreme	
20	21	22	23	24	
Grilled Chicken On a Pretzel Roll	Bacon Burger Tri-Tater (2)	**Pasta w/Meat Sauce	Sriracha Chicken On a Roll	Handmade BBQ Chicken Pizza	
27	29	29	30	31	
No School	BBQ Riblette on a Roll	**Pasta w/Meat Sauce	Crunchy Corn Dogs Tri-Taters (2)	Oven Baked 3-Cheese Pizza	
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.					



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 May 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!



arbor online
arbormgmt.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.