



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
	1	2	3	4
	**Salisbury Steak Mashed Potatoes	**Pasta w/ Meat Sauce	Sriracha Chicken On a Roll	Sausage, Egg and Cheese Biscuit
7	8	9	10	11
Walking Tacos w/Sour Cream	Stuffed Breadsticks w/ Marinara	**Pasta w/Meat Sauce	Western Burger	**Chicken Nuggets
14	15	16	17	18
No School	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	1/2 Day No Lunch Served
21	22	23	24	25
Grilled Chicken On a Pretzel Roll	Bacon Burger	**Pasta w/Meat Sauce	Sriracha Chicken On a Roll	No School
28	29	30	31	
Meatball Bomber on a Roll	BBQ Riblette on a Roll	**Pasta w/ Meat Sauce	Crunchy Corn Dogs	

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.



Midwest Central Middle School October 2019

Lunch
\$0.00
Milk is included
With Lunch

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.