



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

Daily Choices

NEW!
Plant Based

Pizza Choices

Fresh Deli Wraps

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9 Birthday Treat	10
<i>Walking Taco Scoops</i>	Stuffed Breadsticks w/ Marinara Sauce	**Pasta w/ Meat Sauce	Western Burger	**Chicken Nuggets
13	14	15	16	17
Grilled Hot Dog w/ Fixings	<i>Chicken and Cheese Quesadilla</i>	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	Biscuits & Gravy w/ Sausage Patty
20	21	22	23	24
Stuffed Breadsticks w/ Marinara Sauce	*Bacon Burger	**Pasta w/ Meat Sauce	<i>Sloppy Joe Scoops</i>	1/2 Day No Lunch Served
27	28	29	30	31
Meatball Bomber on a Roll	Pizzaboli	<i>Chipotle Chicken Burrito Bowl</i>	*BBQ Rib Sandwich	Homemade Hawaiian Pizza
Crispy or Grilled Chicken Sandwich Grilled Burgers to include our Plant Based Burger Nacho Supreme with zesty salsa and jalapeños				
NEW Plant Based-Meatless Meatball Sub	NEW Plant Based Buddha Bowl	NEW Plant Based Lentil Pasta Marinara	NEW Plant Based Chicken-less Nuggets	NEW Plant Based Southwest Chicken-less Wrap
Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Personal Pan Pizza	Cheese or Turkey Sausage
<i>Buffalo Grilled Chicken Ranch Wrap</i>	Chicken Ranch Wrap	Deli Sub Lettuce/Tomato	Southwest Chicken Wrap	Chicken Ranch Wrap
Crispy Chicken Salad	Southwest Crispy Chicken Salad	Crispy Chicken Salad	Southwest Crispy Chicken Salad	Chef Salad (Turkey & Cheese)

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
 January 2020

Lunch \$0.00
 Milk is Included
 With Meal

Milk \$0.45
 A Variety of Milk is
 Offered Daily

**Fresh Fruit & Veggie Bar available
 daily with all lunches**

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
- ✓ Plant based options available

~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.