

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
				Sriracha Chicken On a Roll	Handmade Pizza Supreme
	5	6	7	8	9
	Walking Tacos w/ Sour Cream	Stuffed Breadsticks w/Marinara Sauce	**Pasta w/Meat Sauce	Western Burger Tri-Taters (2)	Handmade BBQ Chicken Pizza
	12	13	14	15	16
	Grilled Hot Dog w/Fixings	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	Handmade Pizza Supreme
	19	20	21	22	23
	Grilled Chicken On a Pretzel Roll	Bacon Burger Tri-Tater (2)	No School	No School	No School
	26	27	28	29	30
	Meatball Bomber on a Roll	BBQ Riblette on a Roll	<b>1/2 Day No Lunch Served</b>	Crunchy Corn Dogs Tri-Taters (2)	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 Options  
 Fresh Salads & Wraps



## Midwest Central Middle School November 2018

**Lunch**  
**\$0.00**

**Milk**  
**\$0.40**

**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  
arbormgt.com



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?  
 Mary Hill  
[hill@midwestcentral.org](mailto:hill@midwestcentral.org)  
 309-968-6464 X109

Comprehensive nutrition & allergy guides are available in the Foodservice Office.