

October

2017

MIDWEST CENTRAL MIDDLE SCHOOL Lunch Menu

arbor Management Inc.



	Monday	Tuesday	Wednesday	Thursday	Friday
2	TACO BAKE STEAMY BROCCOLI FRUIT CHOICE	PIZZA QUESADILLA SWEET CORN FRUIT CHOICE	SALISBURY STEAK FRESH COLESLAW FRUIT CHOICE	CHICKEN TENDERS FIESTA BEANS FRUIT CHOICE	CHILI CHEESE FRIES GARDEN PEAS FRUIT CHOICE
9	NO SCHOOL COLUMBUS DAY	PIZZA QUESADILLA CHEESY CAULIFLOWER FRUIT CHOICE	**LASAGNA SWEET CORN FRUIT CHOICE	CHICKEN POT PIE GARDEN PEAS FRUIT CHOICE	WESTERN BBQ BURGER FIESTA BEANS FRUIT CHOICE
16	MEATBALL SUB GARDEN PEAS FRUIT CHOICE	CORN DOG GLAZED CARROTS FRUIT CHOICE	*PEPPERONI CALZONE GREEN BEANS FRUIT CHOICE	CHICKEN CORDON BLEU STEAMY BROCCOLI FRUIT CHOICE	PONY SHOE SWEET CORN FRUIT CHOICE
23	*BBQ RIB SANDWICH GLAZED CARROTS FRUIT CHOICE	MUSHROOM SWISS BURGER CHEESY CAULIFLOWER FRUIT CHOICE	1/2 DAY EARLY DISMISSAL NO LUNCH SERVED	SWEET & SOUR CHICKEN GREEN BEANS FRUIT CHOICE	NO SCHOOL PARENT / TEACHER CONFERENCES
30	TACO BAKE STEAMY BROCCOLI FRUIT CHOICE	PIZZA QUESADILLA SWEET CORN FRUIT CHOICE	Milk Offered Daily: w/meal or 35¢ a la carte Fat Free Flavored Fat Free White 1% White	Let's join Christopher Columbus on the Santa Maria & explore the New World!	MIDWEST CENTRAL IS PROVIDING LUNCH AT NO CHARGE TO ALL STUDENTS

(*) Contains Pork

(**) Offered with Sliced Bread

Farm Fresh Produce
featuring... **Pumpkin**
The carotenoids in pumpkins give them their orange color, just like with carrots!

Monday
Chicken Nuggets
Tuesday
Tacos/Nachos
Wednesday
Fresh Deli Sub Sandwich
Thursday
Double Dogs
Friday
Homemade Pizza

Variety Available Daily
Fresh Salads**
Deli Sandwiches & Wraps
Baked Chicken Sandwiches
Juicy Burgers
Pizza Variety
Pretzels & Breadsticks W/ Cheese

Fruit & Veggie Bar
Students may choose
3 Vegetable Servings &
1 Fruit Servings

Need to top-up your child's account?
Send a check payable to **Midwest Central SD 191**
OR
Go online at www.teacherease.com & log into your student's account

Questions
Call Mary Hill
Food Service Manager
309-968-6464 X 257

Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

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

This institution is an equal opportunity employer.