

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	Bacon Burger Tri-Taters (2)	**Salisbury Steak Mashed Potatoes	**Pasta w/Meat Sauce	Sriracha Chicken On a Roll	Handmade Pizza Supreme
	8	9	10	11	12
	No School	Stuffed Breadsticks w/Marinara Sauce	**Pasta w/Meat Sauce	Western Burger Tri-Taters (2)	Handmade BBQ Chicken Pizza
	15	16	17	18	19
	Grilled Hot Dog w/Fixings	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	Handmade Pizza Supreme
	22	23	24	25	26
	Grilled Chicken On a Pretzel Roll	Bacon Burger Tri-Tater (2)	1/2 Day Early Dismissal No Lunch Served	Sriracha Chicken On a Roll	No School Conferences
	29	30	31		
	Meatball Bomber on a Roll	BBQ Riblette on a Roll	**Pasta w/Meat Sauce		
Fresh Fruit & Veggie Bar available daily with all lunches					
Crispy or Grilled Chicken Sandwich Grilled Burgers Nacho Supreme with zesty salsa and jalapeños					
	Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Personal Pan Pizza	Cheese or Turkey Sausage
	Buffalo Chicken Wrap	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.				

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

Daily Choices
 Pizza
 Wraps
 Fresh Salads



Midwest Central Middle School October 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
 309-968-6464 X 109

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