



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
Grilled Chicken On a Pretzel Roll	Bacon Burger	**Pasta w/ Meat Sauce	Sriracha Chicken On a Roll	Beef Burritos
26	27	28	29	30
Meatball Bomber on a Roll	BBQ Riblette on a Roll	**Pasta w/Meat Sauce	Crunchy Corn Dogs	Sausage Pancake Wrap

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy or Grilled Chicken Sandwich
Grilled Burgers
Nacho Supreme with Zesty Salsa and Jalapeños**

Daily Choices

Daily Pizza Options

Fresh Deli Wraps

Fresh Salads

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.
 Menu changes are occasionally necessary. Notice will be given when possible.



Midwest Central High School August 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!



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.