



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon Burger	3 **Salisbury Steak Mashed Potatoes	4 **Pasta w/ Meat Sauce	5 Sriracha Chicken On a Roll	6 Sausage, Egg and Cheese Biscuit
9 Walking Tacos w/ Sour Cream	10 Stuffed Breadsticks w/Marinara	11 **Pasta w/ Meat Sauce	12 Western Burger	13 **Chicken Nuggets
16 Grilled Hot Dog w/ Fixings	17 Baked Cheese Quesadilla	18 **Oven Baked Mac & Cheese	19 Smothered Meatballs over Mashed Potatoes	20 Biscuits & Gravy w/Sausage Patty
23	24	25	26	27
30	31			

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 December 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.