



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	**Salisbury Steak Mashed Potatoes	**Pasta w/Meat Sauce	Sriracha Chicken On a Roll	Sausage, Egg and Cheese Biscuit
7	8	9	10	11
Walking Tacos w/ Sour Cream	Stuffed Breadsticks w/ Marinara	**Pasta w/Meat Sauce	Western Burger	**Chicken Nuggets
14	15	16	17	18
<b>No School</b>	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	1/2 Day No Lunch Served
21	22	23	24	25
Grilled Chicken On a Pretzel Roll	Bacon Burger	**Pasta w/ Meat Sauce	Sriracha Chicken On a Roll	<b>No School</b>
28	29	30	31	
Meatball Bomber on a Roll	BBQ Riblette on a Roll	**Pasta w/Meat Sauce	Crunchy Corn Dogs	

**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 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 October 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  
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309-968-6464 X 109

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