



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

Daily
Choices

NEW!
Plant Based

Pizza
Choices

Fresh
Deli
Wraps

Fresh
Salads



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 <i>Walking Taco Scoops</i>	7 Stuffed Breadsticks w/ Marinara Sauce	8 **Pasta w/ Meat Sauce	9 Western Burger	10 **Chicken Nuggets
13 Grilled Hot Dog w/ Fixings	14 <i>Chicken and Cheese Quesadilla</i>	15 **Oven Baked Mac & Cheese	16 Smothered Meatballs over Mashed Potatoes	17 Biscuits & Gravy w/ Sausage Patty
20 Stuffed Breadsticks w/ Marinara Sauce	21 *Bacon Burger	22 **Pasta w/ Meat Sauce	23 <i>Sloppy Joe Scoops</i>	24 1/2 Day No Lunch Served
27 Meatball Bomber on a Roll	28 Pizzaboli	29 <i>Chipotle Chicken Burrito Bowl</i>	30 *BBQ Rib Sandwich	31 Homemade Hawaiian Pizza
<p>Crispy or Grilled Chicken Sandwich Grilled Burgers to include our Plant Based Burger Nacho Supreme with zesty salsa and jalapeños</p>				
NEW Plant Based-Meatless Meatball Sub	NEW Plant Based Buddha Bowl	NEW Plant Based Lentil Pasta Marinara	NEW Plant Based Chicken-less Nuggets	NEW Plant Based Southwest Chicken-less Wrap
Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Personal Pan Pizza	Cheese or Turkey Sausage
<i>Buffalo Grilled Chicken Ranch Wrap</i>	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
January 2020

Lunch \$0.00
Milk is Included
With Meal

Milk \$0.45
A Variety of Milk is
Offered Daily

**Fresh Fruit & Veggie Bar available
daily with all lunches**

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
- ✓ Plant based options available

~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.