



arbor Management Inc.



April 2018 Midwest Central High School Lunch Menu



Arbor A+ Nutrition Standards:

- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Chicken raised Cage-Free and Grain-Fed with NO added Hormones/Steroids
- ✓ Fat Free or 1% Milk with NO Artificial Growth Hormones
- ✓ Whole Grain Rich products every day
- ✓ Baked instead of Deep Fried
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

-Arbor Management-

Make Choices for a Healthy Lifestyle!

Questions about the menu?

Arbor Management, Inc.
Mary Hill

Food Service Manager
@ 306-968-6464 ext 109

Or Email: hill@midwestcentral.org

Comprehensive nutrition & allergy guides are available.

This menu follows USDA National School Lunch Program guidelines. USDA is an equal opportunity provider and employer.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Special	4/2 NO SCHOOL	4/3 CORN DOG	4/4 PEPPERONI CALZONE	4/5 COUNTRY CHICKEN BOWL	4/6 PONY SHOE
	4/9 *BBQ RIB SANWICH	4/10 EARLY DISMISSAL NO LUNCH	4/11 CHEESY CALZONE	4/12 ** SWEET & SOUR CHICKEN	4/13 ** SPAGHETTI W/MEAT SAUCE
	4/16 TACO BAKE	4/17 PIZZA QUESADILLA	4/18 ** SALISBURY STEAK	4/19 CHICKEN TENDERS BASKET	4/20 **CHILI CHEESE FRIES
	4/23 **PEPPERONI BAKE	4/24 CHICKEN QUESADILLA	4/25 **ROTINI W/MEAT SAUCE	4/26 COUNTRY CHICKEN BOWL	4/27 WESTERN BBQ BURGER
	4/30 MEATBALL SUB				
Hot Veggies	Garden Peas Sweet Corn	Glazed Carrots Potato Puffs	Green Beans Mashed Potatoes	French Fries Baked Beans	Sweet Corn Fiesta Beans
Fruit	Fresh fruit, canned fruit, and 100% Fruit juice variety daily. Selection can include apples, oranges, blueberries, peaches, bananas, pears, etc.				
Grab 'N Go	Buffalo Chicken Wrap Meal	*Ham & Cheese Pinwheel Meal	BBQ Chicken Wrap Meal	Bacon Chicken Ranch Wrap Meal	Turkey & Cheese Pinwheel Meal
Hot Slice of Homemade Pizza	Cheese V	Cheese V	Cheese V	Cheese V	Cheese V
	Pepperoni	Taco	Buffalo Chicken	Supreme	Variety
Fresh Deli Subs	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese	*Ham & Cheese Turkey & Cheese
Daily Food Bar	Pasta Bar	Taco/ Nacho Bar	Deli Sandwich Bar	Burger Bar	Pizza Bar
Fresh Salads	Crispy Chicken	Taco Salad	Grilled Chicken	Chef Salad	Chicken Caesar
Hot Sandwiches	Cheeseburger Chicken Patty	Cheeseburger Grilled Chicken	Cheeseburger Chicken Patty	*BBQ Sandwich Grilled Chicken	Cheeseburger Chicken Patty
Other	Cheesy Bosco Sticks V	Pretzel w/ Meat and Cheese	Cheesy Bosco Sticks V	Pretzel w/ Meat and Cheese	Cheesy Bosco Sticks V

DAILY

FRUIT AND VEGETABLE BAR AVAILABLE DAILY

Variety of Apples, Oranges, Bananas, 100% Fruit Juice, Cucumbers, Carrots, Cherry Tomatoes, Broccoli & Lettuce

Students may choose 2 Fruit Servings & 4 Vegetable Servings



featuring...



Need to top-up your child's account?
Send a check payable to **Midwest Central SD 191**
OR
Go online at www.teacherease.com & log into your student's account

Milk 35¢ a la carte
Offered Daily:
Fat Free Flavored
Fat Free White
1% White

V=vegetarian option available
*Contains or may contain pork ingredients.
** Served with bread slice



Menu changes may be necessary. Notice will be given when possible.

Lunch \$2.15 Milk .35¢ (Milk included with meal)