



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bacon Burger Tri-Taters (2)	2 **Salisbury Steak Mashed Potatoes	3 **Pasta w/ Meat Sauce	4 Sriracha Chicken On a Roll	5 Handmade Pizza Supreme
8 Walking Tacos w/ Sour Cream	9 Stuffed Breadsticks w/ Marinara	10 **Pasta w/ Meat Sauce	11 Western Burger Tri-Taters (2)	12 Handmade BBQ Chicken Pizza
15 Spring Break Begins	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break Ends
22 Grilled Chicken On a Pretzel Roll	23 Bacon Burger Tri-Tater (2)	24 **Pasta w/ Meat Sauce	25 Sriracha Chicken On a Roll	26 Handmade BBQ Chicken Pizza
29 Meatball Bomber on a Roll	30 BBQ Riblette on a Roll			

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 April 2019

**Lunch
\$0.00**

Milk is Included
with Meal

**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.