



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bacon Burger Tri-Taters (2)	4 **Salisbury Steak Mashed Potatoes	5 **Pasta w/ Meat Sauce	6 Sriracha Chicken On a Roll	7 Handmade Pizza Supreme
10 Walking Tacos w/Sour Cream	11 Stuffed Breadsticks w/ Marinara	12 **Pasta w/ Meat Sauce	13 Western Burger Tri-Taters (2)	14 Handmade BBQ Chicken Pizza
17 Grilled Hot Dog w/Fixings	18 Baked Cheese Quesadilla	19 **Oven Baked Mac & Cheese	20 Smothered Meatballs over Mashed Potatoes	21 Handmade Pizza Supreme
24 WINTER BREAK BEGINS	25	26	27	28
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.

This institution is an equal opportunity employer.



Midwest Central High School December 2018

Lunch
\$0.00

Milk
\$0.40

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.