



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No School	No School	No School	No School
7	8	9	10	11
Walking Tacos w/Sour Cream	Stuffed Breadsticks w/ Marinara	**Pasta w/ Meat Sauce	Western Burger Tri-Taters (2)	Handmade BBQ Chicken Pizza
14	15	16	17	18
Grilled Hot Dog w/Fixings	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	Handmade Pizza Supreme
21	22	23	24	25
No School	Bacon Burger Tri-Tater (2)	**Pasta w/ Meat Sauce	1/2 Day Early Dismissal No Lunch Served	Handmade BBQ Chicken Pizza
28	29	30	31	
Meatball Bomber on a Roll	BBQ Riblette on a Roll	**Pasta w/Meat Sauce	Crunchy Corn Dogs Tri-Taters (2)	

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 January 2019

**Lunch
\$0.00**
A Variety of Milk is included with Meal

**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.