



Arbor Management Inc.



March 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 |
|--------------------|---|--------------------------------|---|-------------------------------|-------------------------------|
| Special Daily | | | | 3/1 **Country Chicken Bowl | 3/2 Pony Shoe |
| | 3/5 BBQ Rib Sandwich | 3/6 **Chicken Nuggets | 3/7 Cheesy Calzone | 3/8 ** Sweet and Sour Chicken | 3/9 **Spaghetti w/ Meat Sauce |
| | 3/12 Taco Bake | 3/13 Pizza Quesadilla | 3/14 **Salisbury Steak w/ Mashed Potatoes | 3/15 Chicken Tenders | 3/16 **Chili Cheese Fries |
| | 3/19 **Pepperoni Bake | 3/20 Chicken Quesadilla | 3/21 ** Rotini w/Meat Sauce | 3/22 **Country Chicken Bowl | 3/23 Western BBQ Burger |
| | 3/26 No School | 3/27 No School | 3/28 No School | 3/29 No School | 3/30 No School |
| 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 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)