



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
		1 **Pasta w/Meat Sauce	2 Sriracha Chicken On a Roll	3 Handmade Pizza Supreme
6 Walking Tacos w/Sour Cream	7 Stuffed Breadsticks w/Marinara	8 **Pasta w/Meat Sauce	9 Western Burger Tri-Taters (2)	10 Handmade BBQ Chicken Pizza
13 Grilled Hot Dog w/Fixings	14 Baked Cheese Quesadilla	15 **Oven Baked Mac & Cheese	16 Smothered Meatballs over Mashed Potatoes	17 Handmade Pizza Supreme
20 Grilled Chicken On a Pretzel Roll	21 Bacon Burger Tri-Tater (2)	22 **Pasta w/Meat Sauce	23 Sriracha Chicken On a Roll	24 Handmade BBQ Chicken Pizza
27 No School	29 BBQ Riblette on a Roll	29 **Pasta w/Meat Sauce	30 Crunchy Corn Dogs Tri-Taters (2)	31 Oven Baked 3-Cheese Pizza

**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 May 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.