



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Sriracha Chicken On a Roll	Handmade Pizza Supreme
5	6	7	8	9
Walking Tacos w/Sour Cream	Stuffed Breadsticks w/Marinara Sauce	**Pasta w/Meat Sauce	Western Burger Tri-Taters (2)	Handmade BBQ Chicken Pizza
12	13	14	15	16
Grilled Hot Dog w/Fixings	Baked Cheese Quesadilla	**Oven Baked Mac & Cheese	Smothered Meatballs over Mashed Potatoes	Handmade Pizza Supreme
19	20	21	22	23
Grilled Chicken On a Pretzel Roll	Bacon Burger Tri-Tater (2)	No School	No School	No School
26	27	28	29	30
Meatball Bomber on a Roll	BBQ Riblette on a Roll	<b>1/2 Day No Lunch Served</b>	Crunchy Corn Dogs Tri-Taters (2)	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  
 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 November 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 X109**

**Comprehensive  
 nutrition & allergy  
 guides are  
 available in the  
 Foodservice Office.**