



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|-------------------------------------|
| 1 Bacon Burger Tri-Taters (2) | 2 **Salisbury Steak Mashed Potatoes | 3 **Pasta w/Meat Sauce | 4 Sriracha Chicken On a Roll | 5 Handmade Pizza Supreme |
| 8 No School | 9 Stuffed Breadsticks w/Marinara Sauce | 10 **Pasta w/Meat Sauce | 11 Western Burger Tri-Taters (2) | 12 Handmade BBQ Chicken Pizza |
| 15 Grilled Hot Dog w/Fixings | 16 Baked Cheese Quesadilla | 17 **Oven Baked Mac & Cheese | 18 Smothered Meatballs over Mashed Potatoes | 19 Handmade Pizza Supreme |
| 22 Grilled Chicken On a Pretzel Roll | 23 Bacon Burger Tri-Tater (2) | 24 1/2 Day Early Dismissal No Lunch Served | 25 Sriracha Chicken On a Roll | 26 No School Conferences |
| 29 Meatball Bomber on a Roll | 30 BBQ Riblette on a Roll | 31 **Pasta w/Meat Sauce | | |

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 October 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
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309-968-6464 X 109

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