



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

	Monday	Tuesday	Wednesday	Thursday	Friday
3	No School	4 **Salisbury Steak Mashed Potatoes	5 **Pasta w/ Meat Sauce	6 Siracha Chicken On a Roll	7 Handmade Pizza Supreme
10	Walking Tacos w/ Sour Cream	11 Stuffed Breadsticks w/ Marinara Sauce	12 **Pasta w/ Meat Sauce	13 Western Burger Tri-Taters (2)	14 Handmade BBQ Chicken Pizza
17	Grilled Hot Dog w/ Fixings	18 Baked Cheese Quesadilla	19 **Oven Baked Mac & Cheese	20 Smothered Meatballs over Mashed Potatoes	21 Handmade Pizza Supreme
24	Grilled Chicken On a Pretzel Roll	25 Bacon Burger Tri-Tater (2)	26 1/2 Day Early Dismissal No Lunch	27 Siracha Chicken On a Roll	28 Handmade BBQ Chicken Pizza

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy or Grilled Chicken Sandwich
Grilled Burgers
Nacho Supreme with zesty salsa and jalapenos**

Daily Choices

Daily Pizza Options

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 September 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 X 109**

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