| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |
| Cheeseburger Or <br> Crispy Chicken Caesar Pita Vegetable of the Day Fruit Serving | Pancakes \& Scrambled Eggs Or <br> Cheese Sticks Graham Bears- $V$ Vegetable of the Day Fruit Serving | Half Day No Lunch | Pizza Dippers <br> w/Marinara Sauce-V Or <br> Turkey Sandwich Vegetable of the Day Fruit Serving | Hot Turkey Sandwich Or <br> Pizza Munchable with Cheese <br> \& Marinara -V <br> Vegetable of the Day Fruit Serving |
| 8 | 9 | 10 | 11 | 12 |
| Hot Dog <br> Or <br> Cheddar Cheese Stick-v <br> Goldfish Pretzels <br> Hard Boiled Egg <br> Vegetable of the Day <br> Fruit Serving | Chicken Sandwich Or <br> Crispy Chicken Roll-Up Vegetable of the Day Fruit Serving | Beef Soft Tacos Or Hot Ham \& Cheese Sandwich Vegetable of the Day Fruit Serving | Chicken Nuggets <br> Or <br> Or <br> Chef Salad w/Whole Grain <br> Tortilla <br> Vegetable of the Day <br> Fruit Serving | ```Grilled Cheese Sandwich-V Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving``` |
| 15 | 16 | 17 | 18 | 19 |
| No School | Chicken Sandwich Or <br> Sunbutter \& Jelly Sandwich-V <br> Vegetable of the Day Fruit Serving | Cheesy Beef Nachos Or <br> Turkey Sandwich Vegetable of the Day Fruit Serving | *Grilled Chicken Bacon Melt Or <br> Chicken Salad w/Pita Vegetable of the Day Fruit Serving | Italian Meatball Sub Or <br> Pizza Munchable with Cheese <br> \& Marinara -V <br> Vegetable of the Day Fruit Serving |
| 22 | 23 | 24 | 25 | 26 |
| Mini Corn Dogs Or Grilled Cheese Sandwich-V Vegetable of the Day Fruit Serving | Chicken Fajitas w/Roasted Peppers Or <br> Turkey \& Cheese Sub Vegetable of the Day Fruit Serving | Cheesy Beef Nachos Or Crispy Chicken Salad Vegetable of the Day Fruit Serving | Chicken Nuggets Or <br> Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving | ```*BBQ Rib Sandwich Or Cheese Quesadilla-V Vegetable of the Day Fruit Serving``` |
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|  |  |  |  |  |

## 18 and Under

Included with Every Meal
Fruit and Vegetable
$1 \%$ or Fat-Free Milk

## Now Hiring For

Food Service Positions

## Contact Kristina

 Klein at309-284-6320

Arbor A+ Nutrition Mission To serve students daily:
$\checkmark$ A wide variety of fresh, nutrient rich foods
$\checkmark$ Fresh fruits and vegetables, locally sourced as seasonally available
$\checkmark$ Cage free poultry with no added hormones or steroids
Fresh whole and multigrain bread, buns and baked goods
$\checkmark$ No-fat or $1 \%$ milk free from any growth hormones from local, sustainable farms ~Arbor Management

Make Choices for a Healthy Lifestyle!

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

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For more
information or to
information or to
"Ask the Dietitian",
"esk check out our website!

