

May 2016

MIDWEST CENTRAL HIGH SCHOOL Lunch Menu

arbor Management Inc.



Farm *Fresh* Produce
featuring... Soybeans

The protein in Soybeans have all the essential amino acids your body needs, just like animal protein.

Available Daily

- Fresh Salads**
- Deli Sandwiches & Wraps
- Baked Chicken Sandwiches
- Popcorn Chicken**
- Fish Nuggets**
- Grilled Cheese
- *BBQ Rib Sandwiches
- Juicy Burgers
- Hot Dogs
- Pizza Variety

Fruit & Veggie Bar
Students may choose
4 Vegetable Servings &
2 Fruit Servings

**Need to top-up your
child's account?**

Send a check payable to
Midwest Central SD 191
OR
Go online at www.teacherease.com
& log into your student's account

Questions

Call Mary Hill
Food Service Manager
309-968-6464 X 257

Menu changes may be necessary. Notice will be given when possible.
**A comprehensive Nutrition & Allergy Guide
is available in the Food Service Office.**

arbor online
arbormgmt.com



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN ALFREDO BAKE W/GARLIC BREAD GARDEN PEAS FRUIT CHOICE	3 CHEESY GARLIC FLATBREAD GREEN BEANS FRUIT CHOICE	4 *BACON CHEESEBURGER CAULIFLOWER FRUIT CHOICE	5 RAVIOLI W/GARLIC BREAD CORN FRUIT CHOICE	6 DOUBLE DOG DAY BABY CARROTS FRUIT CHOICE
9 MEATLOAF W/GRAVY BROCCOLI BUDS FRUIT CHOICE	10 *CHICKEN BACON RANCH WRAP GARDEN PEAS FRUIT CHOICE	11 MEATBALL SUB SEASONED PINTO BEANS FRUIT CHOICE	12 MACARONI & CHEESE W/GARLIC BREAD BABY CARROTS FRUIT CHOICE	13 COOKOUT DAY HAMBURGERS OR HOTS DOGS BAKED BEANS FRUIT CHOICE
16 CHILI CHEESE DOG BROCCOLI BUDS FRUIT CHOICE	17 DOUBLE STUFFED CHEESE PIZZA CUCUMBER SLICES FRUIT CHOICE	18 BUFFALO CHICKEN WRAP BAKED BEANS FRUIT CHOICE	19 ROTINI W/MEAT SAUCE & GARLIC BREAD GREEN BEANS FRUIT CHOICE	20 GRILLED CHEESE SANDWICH SWEET CORN FRUIT CHOICE
23 CHICKEN STRIP BASKET w/BISCUIT BAKED BEANS FRUIT CHOICE	24 MINI CORN DOGS CAULIFLOWER FRUIT CHOICE	25 *BBQ RIB SANDWICH SWEET CORN FRUIT CHOICE	Have a safe & fun Summer!	
30	31	SUMMER BREAK		
				<p>Lunch \$2.15 (Milk included with meal)</p> <p>Milk 35¢</p> <p>Offered Daily: Fat Free Flavored Fat Free White 1% White</p>

(*) Contains Pork

(**) Offered with Sliced Bread