

May 2016

MIDWEST CENTRAL MIDDLE SCHOOL Lunch Menu

arbor Management Inc.



Monday	Tuesday	Wednesday	Thursday	Friday
2 JUMBO CORN DOG MASHED POTATOES FRUIT CHOICE	3 TOMATO SOUP W/GRILLED CHEESE SANDWICH BABY CARROTS FRUIT CHOICE	4 POPCORN CHICKEN POTATO PUFFS FRUIT CHOICE	5 ROTINI W/MEAT SAUCE & GARLIC BREAD BAKED BEANS FRUIT CHOICE	6 PIZZA DIPPERS W/TOMATO BASIL SAUCE OVEN FRIES FRUIT CHOICE
9 FIESTA NACHOS POTATO PUFFS FRUIT CHOICE	10 SALISBURY STEAK SANDWICH CELERY STICKS FRUIT CHOICE	11 MACARONI & CHEESE W/GARLIC BREAD BROCCOLI BUDS FRUIT CHOICE	12 FRENCH TOAST STICKS W/SYRUP POTATO PUFFS FRUIT CHOICE	13 SLOPPY JOE SANDWICH MASHED POTATOES FRUIT CHOICE
16 BEEF TACOS POTATO PUFFS FRUIT CHOICE	17 PIZZA QUESADILLA W/SALSA & SHREDDED LETTUCE GREEN BEANS FRUIT CHOICE	18 MINI RAVIOLI W/GARLIC TOAST BROCCOLI BUDS FRUIT CHOICE	19 SALISBURY STEAK SANDWICH MASHED POTATOES FRUIT CHOICE	20 COOKOUT DAY HAMBURGERS OR HOTS DOGS BAKED BEANS FRUIT CHOICE
23 WALKING TACOS POTATO PUFFS FRUIT CHOICE	24 MEATBALL SUB BABY CARROTS FRUIT CHOICE	25 CHICKEN ALFREDO BAKE W/GARLIC BREAD BLACK BEANS FRUIT CHOICE	<div style="border: 2px solid orange; padding: 10px; width: fit-content; margin: auto;"> <h3>Have a safe & fun Summer!</h3> </div>	
<div style="border: 2px solid blue; padding: 20px;"> <h1>SUMMER BREAK</h1> </div>			<div style="border: 2px solid blue; padding: 10px;"> <p>MIDWEST CENTRAL IS PROVIDING LUNCH AT NO CHARGE TO ALL STUDENTS.</p> </div>	
			<div style="border: 2px solid blue; padding: 5px;"> <p>Offered Daily: w/meal or 35¢ a la carte</p> <p>Fat Free Flavored Fat Free White 1% White</p> </div>	



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
3 Vegetable Servings &
1 Fruit Serving

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.

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

(*) Contains Pork

(**) Offered with Sliced Bread