

# May 2016

## MIDWEST CENTRAL PRIMARY SCHOOL Lunch Menu

arbor Management Inc.



Monday	Tuesday	Wednesday	Thursday	Friday
2 SALISBURY STEAK** OR TACO SALAD  BAKED BEANS  FRUIT CHOICE	3 SOFT TACOS OR TURKEY DELI SUB  GREEN BEANS  FRUIT CHOICE	4 WAFFLES & *SAUSAGE W/SYRUP OR CHICKEN RANCH WRAP POTATO PUFFS  FRUIT CHOICE	5 MINI RAVIOLI** OR TACO SALAD  BROCCOLI BUDS  FRUIT CHOICE	6 STUFFED CRUST PIZZA OR HAMBURGER PONY SHOE  OVEN FRIES  FRUIT CHOICE
9 SLOPPY JOE OR *CHEF SALAD  GREEN BEANS  FRUIT CHOICE	10 WALKING TACO OR *HAM & CHEESE SUB  BABY CARROTS  FRUIT CHOICE	11 PIZZA DIPPERS W/TOMATO BASIL SAUCE OR SUNBUTTER APPLE WRAP BLACK BEANS  FRUIT CHOICE	12 CHICKEN ALFREDO BAKE** OR *CHEF SALAD  SWEET CORN  FRUIT CHOICE	13 CHEESE PIZZA OR CHICKEN NUGGETS**  MASHED POTATOES  FRUIT CHOICE
16 *BBQ RIB PATTY SANDWICH OR TACO SALAD BAKED BEANS  FRUIT CHOICE	17 PIZZA QUESADILLA OR TURKEY & CHEESE SUB  CELERY STICKS  FRUIT CHOICE	18 CHEESY GARLIC FLATBREAD OR CHICKEN RANCH WRAP OVEN FRIES  FRUIT CHOICE	19 SPAGHETTI** W/MEAT SAUCE OR CRISPY CHICKEN SALAD BROCCOLI BUDS  FRUIT CHOICE	20 FRENCH TOAST STICKS W/SYRUP OR *HAM & CHEESE SUB POTATO PUFFS  FRUIT CHOICE
23 POPCORN CHICKEN** OR BUFFALO CHICKEN SALAD** POTATO PUFFS  FRUIT CHOICE	24 SOFT TACOS OR TURKEY DELI SUB  GREEN BEANS  FRUIT CHOICE	25 <b>COOKOUT DAY</b>  HAMBURGERS OR HOTS DOGS  BAKED BEANS  FRUIT CHOICE	26	27
<div data-bbox="1129 1141 1560 1292" data-label="Text"> <p><b>Have a safe &amp; fun Summer!</b></p> </div>				
<div data-bbox="231 1380 987 1453" data-label="Text"> <p><b>SUMMER BREAK</b></p> </div>			<div data-bbox="1056 1369 1325 1477" data-label="Text"> <p><b>MIDWEST CENTRAL IS PROVIDING LUNCH AT NO CHARGE TO ALL STUDENTS.</b></p> </div>	
			<div data-bbox="1407 1323 1564 1510" data-label="Text"> <p><b>Offered Daily:</b> w/meal or 35¢ a la carte  Fat Free Flavored Fat Free White 1% White</p> </div>	

**Available Daily**

**MONDAY**  
Cheeseburger

**TUESDAY**  
Grilled Cheese

**WEDNESDAY**  
Baked Chicken Patty

**THURSDAY**  
Hot Dog

**FRIDAY**  
Fish Nuggets\*\*

**Daily Fresh 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](http://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!

arbor online  
[arboronline.com](http://arboronline.com)

(\*) Contains Pork

(\*\*) Offered with Sliced Bread