

(\*) Contains Pork

(\*\*) Served With a Roll.

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Soft Beef Tacos Or Cheese Pizza Fruit & Veggies Milk
4	5	6	7	8
Crispy Chicken Sandwich Or Pizza Dippers w/ Marinara Sauce Fruit & Veggies Milk	Cheeseburger Or Cheese Pizza Quesadilla Fruit & Veggies Milk	Soft Beef Tacos Or Creamy Mac & Cheese Fruit & Veggies Milk	Chicken Nuggets w/ Goldfish Crackers Or Grilled Cheese Sandwich Fruit & Veggies Milk	Early Dismissal
11	12	13	14	15
All Beef Hot Dog Or Pizza Dippers w/ Marinara Sauce Fruit & Veggies Milk	Sloppy Joe Sandwich Or Cheese Pizza Quesadilla Fruit & Veggies Milk	Halal Creamy Chicken Alfredo Or Creamy Mac & Cheese Soft Pretzel Rod Fruit & Veggies Milk	Chicken Tender W/Garlic Bread Or Grilled Cheese Sandwich Fruit & Veggies Milk	Pepperoni Pizza Or Cheese Pizza Fruit & Veggies Milk
18	19	20	21	22
Crispy Chicken Sandwich Or Pizza Dippers w/ Marinara Sauce Fruit & Veggies Milk	Chicago Style All Beef Hot Dog Or Cheese Pizza Quesadilla Fruit & Veggies Milk	Chicken & Waffle Or Creamy Mac & Cheese Fruit & Veggies Milk	Cheeseburger Or Grilled Cheese Sandwich Fruit & Veggies Milk	Italian Meatball Sub Or Cheese Pizza Fruit & Veggies Milk
25	26	27	28	29
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

Lunch \$ 2.85

Milk .60¢

Available Daily:  
Cheese Sandwich  
Sun Butter & Jelly Sandwich  
Tukey Sandwich

Included with Every Meal  
Fruit and Vegetable  
Choice of Milk

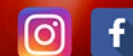
Arbor A+ Nutrition Mission  
To serve students daily:

- ✓ 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!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.



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