



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
1 *BBQ Rib Patty Sandwich Veggie Beans	2 Chicken Quesadilla Golden Corn	3 Char Broiled Salisbury Steak** Mashed Potatoes	4 Chicken Nuggets w/Waffle & Syrup Potato Puffs	5 Hot Dog w/Chili Garden Peas
8 Zesty Western BBQ Burger Potato Puffs	9 Fiesta Nachos Supreme Refried Beans	10 Chicken Alfredo** Glazed Carrots	11 Crispy Chicken Tenders** Oven Fries	12 Homemade BBQ Chicken Pizza Steamed Broccoli
15 Meatball Sub Glazed Carrots	16 Walking Tacos Seasoned Black Beans	17 Popcorn Chicken Bowl Mashed Potatoes	18 Jumbo Corn Dog Steamed Broccoli	19 No School
22 No School	23 Fiesta Nachos Supreme Refried Beans	24 Rotini w/Meat Sauce** Steamed Broccoli	25 Monte Cristo Sandwich Potato Puffs	26 Homemade Buffalo Chicken Pizza
29 Parmesan Chicken Melt Oven Fries	30 Soft Shell Tacos Seasoned Black Beans			

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Regular or Spicy Chicken Sandwich
Grilled Burgers
Peanut Butter & Jelly Sandwich**

Cheese V	*Pepperoni	*Sausage	*Pepperoni	Cheese V
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Crispy Chicken Salad**	Crispy Chicken Salad**	Crispy Chicken Salad**	Crispy Chicken Salad**

V=Vegetarian option available
 **Served with a roll
 *Contains or may contain pork ingredients.
 Menu changes are occasionally necessary. Notice will be given when possible.
 This institution is an equal opportunity employer.



Hinckley-Big Rock
High School
April 2019

Lunch
\$2.90
Milk is Included
With Meal

Milk
\$0.55
A Variety of Milk is
Offered Daily

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!

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

Questions about the menu?
Katie Heiser
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815-286-7516

Comprehensive nutrition & allergy guides are available in the Foodservice Office.