



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
		Char Broiled Salisbury Steak** Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
20	21	22	23	24
Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
27	28	29	30	31
Southwest Chicken Panini Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Fluffy Pancakes w/*Sausage Oven Fries	Pizza Dippers w/Garden Marinara Romaine Salad

Fresh Fruit & Veggie Bar available daily with all lunches

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

Daily Choices

Daily Pizza Options

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.



Hinckley-Big Rock
High School
August 2018

Lunch
\$2.90

Milk
\$0.55

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.