



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
		Char Broiled Salisbury Steak** Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Dog w/Chili Garden Peas
19	20	21	22	23
Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo** Glazed Carrots	Crispy Chicken Tenders** Golden Corn	Homemade BBQ Chicken Pizza Steamed Broccoli
26	27	28	29	30
Meatball Sub Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Jumbo Corn Dog Steamed Broccoli	Pizza Dippers w/Garden Marinara Potato Puffs

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

Fresh Deli

Fresh Salads

Cheese V	*Pepperoni	*Sausage	*Pepperoni	Cheese V
Ranch Chicken Wrap	Ranch Chicken Wrap	Ranch Chicken Wrap	Ranch 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
 August 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
 kheiser@hbr429.org
 815-286-7516

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