



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
3 Zesty Western BBO Burger Potato Puffs	4 Fiesta Nachos Supreme Refried Beans	5 Chicken Alfredo** Glazed Carrots	6 Crispy Chicken Tenders** Oven Fries	7 Homemade BBO Chicken Pizza Steamed Broccoli
10 Meatball Sub Glazed Carrots	11 Walking Tacos Seasoned Black Beans	12 Popcorn Chicken Bowl Mashed Potatoes	13 Jumbo Corn Dog Steamed Broccoli	14 Pizza Dippers w/Garden Marinara Oven Fries
17 *Juicy Bacon Cheeseburger Golden Corn	18 Fiesta Nachos Supreme Refried Beans	19 Rotini w/Meat Sauce** Steamed Broccoli	20 Monte Cristo Sandwich Potato Puffs	21 No Lunch Served
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL				

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
Middle School
December 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.