



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 Pizza Dippers w/Garden Marinara Oven Fries
4	5	6	7	8
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Rotini w/Meat Sauce** Steamed Broccoli	Monte Cristo Sandwich Potato Puffs	Early Dismissal No Lunch Served
11	12	13	14	15
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos Seasoned Black Beans	Italian Spaghetti & Meatballs** Steamed Broccoli	Mini Corn Dogs Potato Puffs	Cheesy Garlic Breadsticks Golden Corn
18	19	20	21	22
NO SCHOOL	Chicken Quesadilla Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Dog w/Chili Garden Peas
25	26	27	28	
Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo** Glazed Carrots	Crispy Chicken Tenders** Oven Fries	

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
February 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.