



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 BBO Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo** Glazed Carrots	Crispy Chicken Tenders** Oven Fries	
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
<b>Crispy Regular or Spicy Chicken Sandwich Grilled Burgers Peanut Butter &amp; Jelly Sandwich</b>				
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  
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!**

  
[arbormgt.com](http://arbormgt.com)



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.