



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

 Daily Choices
 Daily Pizza
 Fresh Deli
 Fresh Salads

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No School	No School	No School	No School
7	8	9	10	11
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos Seasoned Black Beans	Italian Spaghetti & Meatballs** Steamed Broccoli	Mini Corn Dogs Potato Puffs	Cheezy Garlic Breadsticks Golden Corn
14	15	16	17	18
*BBQ Rib Patty Sandwich Veggie Beans	Chicken Quesadilla Golden Corn	Char Broiled Salisbury Steak** Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Hot Diggity Dog w/Chili Garden Peas
21	22	23	24	25
No School	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo** Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Homemade BBQ Chicken Pizza Steamed Broccoli
28	29	30	31	
Meatball Sub Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Jumbo Corn Dog Steamed Broccoli	

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
 January 2019

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!


 arboronline.com
 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.