



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Homemade BBO Chicken Pizza Steamed Broccoli
4 Meatball Sub Glazed Carrots	5 Walking Tacos Seasoned Black Beans	6 Popcorn Chicken Bowl Mashed Potatoes	7 Jumbo Corn Dog Steamed Broccoli	8 Pizza Dippers w/Garden Marinara Oven Fries
11 *Juicy Bacon Cheeseburger Golden Corn	12 Fiesta Nachos Supreme Refried Beans	13 Rotini w/Meat Sauce** Steamed Broccoli	14 Monte Cristo Sandwich Potato Puffs	15 Homemade Buffalo Chicken Pizza
18 Parmesan Chicken Melt Oven Fries	19 Soft Shell Tacos Seasoned Black Beans	20 Italian Spaghetti & Meatballs** Steamed Broccoli	21 Raising Student Achievement No School	22 Teacher Institute No School
25 Spring Break No School	26 Spring Break No School	27 Spring Break No School	28 Spring Break No School	29 Spring Break No School

**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
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  
 March 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.