



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Italian Spaghetti & Meatballs** Steamed Broccoli	Mini Corn Dogs Potato Puffs	Early Dismissal No Lunch Served
6	7	8	9	10
*BBQ Rib Patty Sandwich Veggie Beans	Chicken Quesadilla Golden Corn	Sloppy Joe Potato Puffs	Chicken Nuggets Mashed Potatoes w/Gravy	Hot Dog w/Chili Garden Peas
13	14	15	16	17
Zesty Western BBQ Burger Potato Puffs	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo** Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Homemade BBQ Chicken Pizza Steamed Broccoli
20	21	22	23	24
Meatball Sub Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Jumbo Corn Dog Steamed Broccoli	Pizza Dippers w/Garden Marinara Oven Fries
27	28	29	30	31
Memorial Day No School	Fiesta Nachos Supreme Refried Beans	Parmesan Chicken Melt Steamed Broccoli	*Bacon Cheeseburger Potato Puffs	Last Day of School No Lunch Served

**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
Ranch Chicken Wrap	Ranch Chicken Wrap	Ranch Chicken Wrap	Ranch 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  
 May 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.

