



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	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	Char Broiled Salisbury Steak** Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	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	End of Year BBQ Provided by school	Last Day of School Early Dismissal No Lunch Served

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
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
Middle 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!


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.