



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
			Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
5	6	7	8	9
Southwest Chicken Panini Glazed Carrots	Walking Tacos Seasoned Black Beans	Popcorn Chicken Bowl Mashed Potatoes	Rotini w/Meat Sauce** Steamed Broccoli	Pizza Dippers w/Garden Marinara Oven Fries
12	13	14	15	16
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Rotini w/Meat Sauce** Steamed Broccoli	Monte Cristo Sandwich Potato Puffs	Homemade Buffalo Chicken Pizza
19	20	21	22	23
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos Seasoned Black Beans	No School	Thanksgiving Day No School	No School
26	27	28	29	30
*BBQ Rib Patty Sandwich Veggie Beans	Taco Pretzel w/Taco Meat & Cheese Golden Corn	Hot Diggity Dog w/Chili Mashed Potatoes	Chicken Nuggets w/Waffle & Syrup Potato Puffs	Homemade BBQ Chicken Pizza Garden Peas

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.



Hinckley-Big Rock
Middle School
November 2018

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!



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?
Katie Heiser
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815-286-7516

Comprehensive nutrition & allergy guides are available in the Foodservice Office.