



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
1 Southwest Chicken Panini Glazed Carrots	2 Walking Tacos Seasoned Black Beans	3 Popcorn Chicken Bowl Mashed Potatoes	4 Early Dismissal No Lunch Served	5 Raising Student Achievement No School
8 Columbus Day No School	9 Fiesta Nachos Supreme Refried Beans	10 Rotini w/Meat Sauce** Steamed Broccoli	11 Monte Cristo Sandwich Potato Puffs	12 Homemade Buffalo Chicken Pizza
15 Parmesan Chicken Melt Oven Fries	16 Soft Shell Tacos Seasoned Black Beans	17 Italian Spaghetti & Meatballs** Steamed Broccoli	18 Mini Corn Dogs Potato Puffs	19 Cheezy Garlic Breadsticks Golden Corn
22 *BBQ Rib Patty Sandwich Veggie Beans	23 Taco Pretzel w/Taco Meat & Cheese Golden Corn	24 Char Broiled Salisbury Steak** Mashed Potatoes	25 No School	26 No School
29 Zesty Western BBQ Burger Potato Puffs	30 Fiesta Nachos Supreme Refried Beans	31 Chicken Alfredo** Glazed Carrots		

**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

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  
High School  
October 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.