



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
3 Labor Day No School	4 Fiesta Nachos Supreme Refried Beans	5 Home Style Chicken & Noodles w/Biscuit Broccoli	6 French Toast Sticks w/Sausage & Syrup Potato Puffs	7 Homemade Buffalo Chicken Pizza Savory Green Beans
10 Parmesan Chicken Melt Oven Fries	11 Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	12 Italian Spaghetti & Meatballs** Steamed Broccoli	13 Mini Corn Dogs w/Spicy Ketchup Potato Puffs	14 Cheezy Garlic Flatbread Golden Corn
17 *BBQ Rib Patty Sandwich Veggie Beans	18 Taco Pretzel w/Taco Meat & Cheese Golden Corn	19 Char Broiled Salisbury Steak** Mashed Potatoes	20 Chicken Nuggets w/Waffle & Syrup Potato Puffs	21 Chili Cheese Dog Garden Peas
24 Zesty Western BBQ Burger Potato Puffs	25 Fiesta Nachos Supreme Refried Beans	26 Chicken Alfredo Garlic Bread Glazed Carrots	27 Crispy Chicken Tenders** Oven Fries	28 Stuffed Italian Pizza w/Marinara Steamed Broccoli

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 High School September 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.