



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

Daily Special

Daily Choices
Pizza
Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Labor Day	3 Fiesta Nachos Supreme Refried Beans	4 Rotini w/Meat Sauce** Steamed Broccoli	5 Monte Cristo Sandwich Potato Puffs	6 Homemade Buffalo Chicken Pizza Savory Green Beans
9 Parmesan Chicken Melt Garden Peas	10 Soft Shell Tacos Seasoned Black Beans	11 Italian Spaghetti & Meatballs** Steamed Broccoli	12 Mini Corn Dogs Potato Puffs	13 Cheesy Garlic Breadsticks Golden Corn
16 *BBQ Rib Patty Sandwich Veggie Beans	17 Chicken Quesadilla Golden Corn	18 Char Broiled Salisbury Steak** Mashed Potatoes	19 Chicken Nuggets w/Waffle & Syrup Potato Puffs	20 Hot Dog w/Chili Garden Peas
23 Zesty Western BBQ Burger Potato Puffs	24 Fiesta Nachos Supreme Refried Beans	25 Chicken Alfredo** Glazed Carrots	26 Crispy Chicken Tenders** Golden Corn	27 Homemade BBQ Chicken Pizza Steamed Broccoli
30 Meatball Sub Glazed Carrots				

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
High School
September 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
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815-286-7516

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