



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	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** w/Garlic Bread	13 Mini Corn Dogs w/Spicy Ketchup Potato Puffs	14 Cheezy Garlic Flatbread Golden Corn
17 *BBQ Rib Patty Sandwich Veggies 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 Hot Diggity Dog w/Chili 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 Middle 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
 kheiser@hbr429.org
 815-286-7516

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