

October Jr. High Lunch



FREE LUNCH

Included with Every Meal
Fruit and Vegetable
1% or Fat-Free Milk

Entrées Available Daily
Chicken Sandwich Varieties
Grilled Burger Varieties
Pizza Varieties

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!

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Grilled Chicken Bacon Melt Or Chicken Salad w/Pita Vegetable of the Day Fruit Serving	Italian Meatball Sub Or Pizza Munchable with Cheese & Marinara -V Vegetable of the Day Fruit Serving
5	6	7	8	9
Mini Corn Dogs Or Grilled Cheese Sandwich -V Vegetable of the Day Fruit Serving	Chicken Fajita w/Roasted Peppers Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving	Half Day No Lunch Service	Chicken Nuggets Or Turkey Ranch Roll-Up Vegetable of the Day Fruit Serving	Half Day No Lunch Service
12	13	14	15	16
Columbus Day No Service	French Toast Sticks w/Turkey Sausage Or Cheese Sticks - V Tortilla Chips & Salsa Vegetable of the Day Fruit Serving	Homemade Mac & Cheese Or Sun Butter & Jelly Wrap -V Vegetable of the Day Fruit Serving	P/T Conferences No Service	P/T Conferences No Service
19	20	21	22	23
Hot Dog Or Cheddar Cheese Stick -V Goldfish Pretzels Hard Boiled Egg Vegetable of the Day Fruit Serving	Chicken Sandwich Or Crispy Chicken Roll-Up Vegetable of the Day Fruit Serving	Turkey Soft Tacos Or Hot Ham & Cheese Sandwich -V Vegetable of the Day Fruit Serving	Chicken Nuggets Or Chef Salad w/Whole Grain Tortilla Vegetable of the Day Fruit Serving	Grilled Cheese Or Turkey & Cheese Sub Vegetable of the Day Fruit Serving
26	27	28	29	30
Chicken Tenders Or Yogurt Pack -V Strawberry Yogurt Cheese Stick Cinnamon Roll Vegetable of the Day Fruit Serving	Chicken Sandwich Or Sun Butter & Jelly Wrap -V Vegetable of the Day Fruit Serving	Fiesta Nachos Or Turkey Sandwich Vegetable of the Day Fruit Serving	French Toast Sticks w/Turkey Sausage Or Cheese Quesadilla -V Vegetable of the Day Fruit Serving	Cheese Pizza Or Jumbo Corn Dog Vegetable of the Day Fruit Serving

Menu changes are occasionally necessary. Notice will be given when possible.
 This institution is an equal opportunity employer.