

**FREE
MEALS**
To All Enrolled
Students

FEATURES

Garden Spot

Deli Express

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | 1 Rotini & Meatballs Dinner Roll Steamed Broccoli Baby Carrots | 2 Chili Cheese Fries w/ Soft Pretzel Steamed Carrots Sugar Snap Peas | 3 Chicken Drumstick Biscuit Cheesy Au Gratin Potatoes Fresh Made Coleslaw |
| 6 No School Labor Day | 7 Walking Taco Nachos Brown Rice Fiesta Beans Green Salad | 8 Creamy Chicken Alfredo Garlic Bread Seasoned Broccoli Sliced Cucumbers | 9 Chicken & Cheese Quesadilla-V Fajita Peppers Zesty Salsa | 10 Yang's Mandarin Orange Chicken Brown Rice Glazed Carrots Broccoli Florets |
| 13 Chicken Parmesan Whole Grain Pasta Garlic Bread Steamed Broccoli Baby Carrots | 14 Soft Beef Tacos Refried Beans Grape Tomatoes | 15 Wings of Fire Dinner Roll Steamed Carrots Celery Sticks | 16 *Grilled Chicken Bacon Melt Spiral Fries Fresh Made Coleslaw | 17 Half Day |
| 20 Sloppy Joe Sliders Baked Beans Baby Carrots | 21 Chicken Fajita Quesadilla Chili Lime Sweet Corn Grape Tomatoes | 22 Pasta Bolognese Garlic Bread Steamed Broccoli Sliced Bell Peppers | 23 Savory Salisbury Steak Biscuit Mashed Potatoes w/ Gravy Sliced Cucumbers | 24 Yang's Mandarin Orange Chicken Brown Rice Stir Fry Veggies Baby Carrots |
| 27 Baked Potato w/ Chili & Soft Pretzel Steamed Broccoli Baby Carrots | 28 Beef Soft Tacos Fajita Peppers Black Beans | 29 World School Milk Day Homemade Buffalo Mac & Cheese Dinner Roll Green Peas Grape Tomatoes | 30 Chipotle Chicken Burrito Bowl w/ Brown Rice Corn Baby Carrots | |
| Popcorn Chicken Salad w/ Dinner Roll | Southwest Chicken Salad w/ Dinner Roll | Chef Salad w/ Pita Bread | Chicken Caesar Salad w/ Pita Bread | Taco Salad |
| *Turkey & Bacon Wrap | Italian Sub | Crispy Chicken Wrap | Buffalo Chicken Wrap | Tuna Salad Sandwich |

Daily Entrées

**Burgers
Chicken Sandwiches
Pizza Selection
Nachos**

Included with Every Meal
Fruit and Vegetable
Choice of Milk

V= Vegetarian

(*) Contains or may contain Pork

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
- ✓ Plant based entrée options

-Arbor Management-

Make Choices for a Healthy Lifestyle!



For more
information or to
"Ask the Dietitian",
check out our website!

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