



Daily Special
Includes fruit and vegetable choices,
whole grain breads or rolls, and milk

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Corn Dogs w/Spicy Ketchup Or Nacho Supreme	3 Italian Sausage Bake Or Mozzarella Sticks	4 Home Style Popcorn Chicken** Or Hot Dog Bar	5 Birthday Treat Day Homemade *Pepperoni Pizza Seasoned Green Beans	6 No Lunch Served Early Dismissal
9 *Fajita Chicken & Cheese Quesadilla Or *BBQ Rib Sandwich	10 Pizza Dippers w/ Marinara Or **Chicken Alfredo Bake	11 Way Cool Wednesday **Popcorn Chicken Basket Or Hot Dog Bar Blue Raspberry Slushie	12 **Roasted Turkey w/ Gravy Or Nacho Supreme	13 Arborizza Flatbread Pizza Baked Fries
16 **Chicken Strips Or Soft Shell Tacos w/ Shredded Cheese	17 Meatball Bomber Or **Macaroni & Cheese	18 Home Style Popcorn Chicken** Or Hot Dog Bar	19 Sloppy Joe Scoops Or Waffles w/ Cheesy Scramble Eggs	20 Homemade Cheese Pizza Garden Peas
23 No School	24 No School	25 No School	26 No School	27 No School
30 Chicken Nuggets w/ Waffle Or Pretzel Taco Dipper	31 Golden Pancakes w/*Sausage Or **Spaghetti w/Meatballs			

Crispy Regular or Spicy Chicken Sandwich
Grilled Burgers including our new Plant Based Burger
Made to Order Deli Subs and Salads , Rotating Hot Bar

NEW Plant Based Meat-less Meatball Sub	NEW Plant Based Buddha Bowl	NEW Plant Based Lentil Pasta Marinara	NEW Plant Based Chicken-less Nuggets	NEW Plant Based Southwest Chicken-less Wrap
Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
Crispy Chicken Wrap	Turkey Bacon Wrap	Buffalo Chicken Ranch	Turkey Bacon Wrap	Ranch Chicken Wrap
Made to Order Salad	Made to Order Salad	Made to Order Salad	Made to Order Salad	Made to Order Salad

V=Vegetarian option available
given when possible.

**Served with a roll

*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be

Arbor Signature Recipe



Sandwich #430 Middle School March 2020

Lunch \$3.00
Milk is Included
With Meal

Milk \$0.60
A Variety of Milk is
Offered Daily

**Fruit & Veggie Bar available
daily with all lunches**

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 options available

~Arbor Management~

Make Choices for a Healthy Lifestyle!



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

Questions about the menu?

Linda Alvarez
lalvarez@sandwich430.org
815-786-8881

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

