

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
	Chicken Nuggets W/Corn Bread	*BBQ Ribbette on a Roll	Crunchy Corn Dogs	Spaghetti with Meatballs	Bacon Burger Tri-Tater (1)
	10	11	12 Holiday Dinner	13	14
	Meatball Bomber on a Roll	2 Soft Shell Tacos	**Roast Turkey & Gravy	Chicken Fajita	Turkey & Cheese Sub
	17	18	19	20	21
	Sriracha Chicken On a Bun	Chicken Nuggets w/Soft Pretzel	Pizza Dipper w/Marinara Sauce	**Chicken Tenders	Crunchy Mini Corn Dogs Tri-Tater (1)
	24	25	26	27	28
	No School	No School	No School	No School	No School
	31				
	No School				
Fresh Fruit & Veggie Bar available daily with all lunches					
Crispy Chicken Sandwich Grilled Burgers Nacho Supreme with zesty salsa and jalapeños					
	Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Cheesy Garlic Flatbread	Cheese or Turkey Sausage
	Ham and Cheese Wrap	Sun butter & Jelly Sandwich	Turkey and Cheese Sub Lettuce/Tomato	Chipotle Chicken Wrap	Buffalo Chicken Wrap
	Crispy Chicken Salad	Chef Salad (Turkey & Cheese)	Crispy Chicken Salad	Caesar Salad	Vegetarian Chef Salad
†=Vegetarian option available **Served with a roll *Contains or may contain pork ingredients.					

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

Daily Choices
 Daily Pizza Options
 Wraps
 Fresh Salads



Mannheim Hester
Middle School
December 2018

Lunch
\$0.00

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!



arbor online
arbormgmt.com



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

Questions about the menu?
 Amber Rumsfeld
 rumsfelda@D83.org
 847-451-2704

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