



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School
7	8	9	10	11
Walking Tacos w/Sour Cream	Pizza Dippers w/Marinara Sauce	Homestyle Popcorn chicken Bowl	Bacon Burger Oven Fries	Spaghetti w/Meat Sauce
14	15	16	17	18
Grilled Hot Dog w/Fixings	Beef Pizza Quesadilla	Bacon Bird Dog	**Salisbury Steak Mashed Potatoes	Chicken Nuggets W/Soft Pretzel
21	22	23	24	25
No School	Crunchy Mini Corn Dogs Oven Fries	Early Release Day	Sriracha Chicken On a Bun	Grilled Cheese
28	29	30	31	
Meatball Sub	BBQ Ribette on a Roll	**Chicken Tenders	Crunchy Corn Dogs Seasoned Corn	

Fresh Fruit & Veggie Bar available daily with all lunches

Spicy Chicken Sandwich
Grilled Burgers
Nacho Supreme with Zesty Salsa and Jalapeños

Daily Choices

Daily Pizza Options

Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Cheesy Garlic Flatbread	Cheese or Turkey Sausage
Ham & Cheese Sandwich	Chicken Ranch Wrap	Buffalo Chicken Wrap	Turkey and Cheese Sub Lettuce/Tomato	Sunbutter & Jelly Sandwich
Crispy Chicken Salad	Taco Salad	Chicken Caesar Salad	Buffalo Chicken Salad	Vegetarian Chef Salad (Turkey & Cheese)



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.

This institution is an equal opportunity employer.



Mannheim Hester
 Middle School
 January 2019

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!



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.