

	Monday	Tuesday	Wednesday	Thursday	Friday
					1
					Walking Taco w/Sour Cream
4	5 Chinese New Year	6	7	8	
Pizza Dippers w/Marinara Sauce	Spicy Chinese Chicken Pasta	Homestyle Popcorn Chicken Bowl	Bacon Burger Oven Fries	Cheese Quesadilla	
11	12	13	14 Valentine's Day	15	
Grilled Hot Dog w/Fixings	Spaghetti w/Meat Sauce	BBQ Ribette on a Roll	**Spicy Chicken Strips Strawberry Milk!!	Chicken Nuggets w/Soft Pretzel	
18	19	20	21	22	
No School	Crunchy Mini Corn Dogs Oven Fries	Early Release Day	Sriracha Chicken On a Bun	Grilled Cheese	
25	26	27	28		
Meatball Sub	**Salisbury Steak Mashed Potatoes	**Chicken Tenders	Beef & Bean Chili w/Corn Bread		
Fresh Fruit & Veggie Bar available daily with all lunches					
Spicy 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 & Cheese Sandwich	Chicken Ranch Wrap	Buffalo Chicken Wrap	Turkey and Cheese Sub Lettuce/Tomato	Sun butter & 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.					

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 Lunch FEBRUARY 2019

Lunch
\$0.00
 Milk is included with Meal

Milk
\$0.55
 A Variety of Milk is Available Daily

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
arbor.mgt.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.