


	Monday	Tuesday	Wednesday	Thursday	Friday
					1
	<b>March 13th</b> <b>Enter to win a Jump Rope when you eat lunch!</b>				Cheese Quesadilla
	4	5	6	7	8
	No School	Home-style Popcorn Chicken Bowl	Egg & Cheese Biscuit Hash brown Patty	**Spicy Chicken Strips	Pizza Dippers w/ Marinara Sauce
	11	12	13	14	15
	Grilled Hot Dog w/Fixings	Rotini w/Meat Sauce	BBQ Ribette on a Roll	Bacon Burger Oven Fries	Grilled Cheese
	18	19	20	21	22
	Chicken Nuggets W/Soft Pretzel	Crunchy Mini Corn Dogs Oven Fries	Walking Taco w/Sour Cream	Sriracha Chicken On a Bun	Fish Patty Sandwich
	25	26	27	28	29
					
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>					
<b>Spicy Chicken Sandwich</b> <b>Grilled Burgers</b> <b>Nacho Supreme with Zesty Salsa and Jalapeños</b>					
	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		Menu changes are occasionally necessary. Notice will be given when possible.		
	**Served with a roll				
	*Contains or may contain pork ingredients.		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 Middle School Lunch March 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  
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.