



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

Daily Choices

NEW!
Plant Based
Entrées

Pizza
Choices

Fresh
Deli

Fresh
Salads



Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY NO SCHOOL	3 **Chicken Strips Corn Bread	4 Hot Ham & Cheese Sandwich	5 Birthday Celebration Meatball Sub Oven Fries	6 "Homemade" Homemade BBQ Chicken Pizza
9 Pizza Burger Oven Fries	10 Chicken Bacon Melt Sandwich Corn and Salsa	11 Way Cool Slush Turkey Hot Dog Oven Fries	12 BBQ Chicken Sandwich Corn	13 Tomato Soup w/Grilled Cheese Sandwich
16 Crunchy Mini Corn dogs Oven Fries	17 Spicy Sriracha Chicken Sandwich	18 Chicken Sandwich Oven Fries	19 Spaghetti w/Meat Sauce	20 "Homemade" Homemade Buffalo Chicken Pizza
23 BBQ Rib Sandwich	24 Chicken Parmesan Sandwich	25 Way Cool Slush Pancakes w/Sausage Hash Brown	26 Sloppy Joe w/Scoops	27 SPRING BREAK
30 SPRING BREAK	31 SPRING BREAK			
Spicy Chicken Sandwich Grilled Burgers or Plant Based Burger Nacho Supreme with Zesty Salsa and Jalapeños				
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 or Pepperoni	Double Stuffed Pizza	Cheese or Pepperoni	Cheesy Garlic Flatbread	Stuffed Crust Cheese
Ham & Cheese Sandwich	Chicken Ranch Wrap	Buffalo Chicken Wrap	Turkey and Cheese Sub Lettuce/Tomato	Sun Butter & Jelly Sandwich
Crispy Chicken Salad	Chicken Caesar Salad	Taco Salad	Buffalo Chicken Salad	Vegetarian Chef Salad (Egg & Cheese)

=Vegetarian option available
**Served with a roll
*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.



Mannheim Middle School Lunch March 2020

Lunch \$0.00
Milk is Included
With Meal

Milk \$0.55
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 entrée options**

~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?
Ava Stavins
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847-451-2704

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