



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

Daily Choices  
 Pizza  
 Deli  
 Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Winter Break	2 Winter Break	3 Winter Break	4 Winter Break
7 Non Attendance Day	8 ** Crispy Chicken Strips Homemade Black Bean & Corn Salsa	9 BBQ Chicken Teriyaki on Brown Rice Steamed Broccoli	10 French Toast Sticks V Sweet Maple Syrup Crispy Tri-Tater	11 Mini Corn Dogs Fresh Made Coleslaw
14 **BBQ Rib Sandwich Baked Potato Rounds	15 *Homemade Mac n' Cheese V Steamed Broccoli	16 Chicago Style Hot Dog with all the Trimings	17 Buttermilk Pancakes V Seasoned Turkey Sausage Patty	18 Jumbo Cheese Ravioli and Garlic Bread
21 No School Martin Luther King Day	22 **Crispy Chicken Drumstick Chili Lime Sweet Corn	23 **Salisbury Steak Smashed Potatoes and Gravy	24 Spaghetti Pasta with Meatballs & Garlic Bread	25 Sweet & Spicy Sticky Finger Wrap Crispy Tri-Tater
28 French Toast Sticks Sweet Maple Syrup Crispy Tri-Tater	29 Tasty Soft Tacos With Salsa & Jalapeños Refried Beans	30 Mini Corn Dogs Fresh Made Coleslaw	31 Homemade Cheese Quesadilla V	
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
Crispy, Regular or Spicy Baked Chicken Sandwich Char Grilled Hamburgers and Cheeseburgers Nacho Supreme Nacho Supreme with zesty salsa and jalapeños				
Italian Cheese V or Pepperoni Pizza	Personal Pan Pizza V Max Cheese Sticks V	Italian Cheese V or Pepperoni Pizza	Stuffed Crust Cheese Pizza V	Italian Cheese V or Pepperoni Pizza
Spicy Buffalo Chicken Wrap	Caesar Chicken Wrap	Turkey & Cheese Wrap	Spicy Buffalo Chicken Wrap	*Turkey & Bacon Wrap
Fresh Veggie Mixed Garden V Caesar Chicken Salad	Fresh Veggie Mixed Garden V Caesar Chicken Salad	Fresh Veggie Mixed Garden V Caesar Chicken Salad	Fresh Veggie Mixed Garden V Caesar Chicken Salad	Fresh Veggie Mixed Garden V Caesar Chicken Salad

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.



Woodland SD 50  
Middle School  
January 2019

**Lunch**  
**\$2.95**

A Variety of Milk is  
included with Meal

**Milk**  
**\$.50**

**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?  
 Laura Weisbrod  
 arbor@dist50.net  
 847-856-4162

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