



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

Offered Daily  
 NEW! Plant Based Entrées

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
Winter Break	Winter Break	1 Winter Break	2 Winter Break	3 Winter Break
6	7	8 <i>Way Cool Wednesday</i>	9	10
Teacher's Institute Day No Student Attendance	** Crispy Chicken Strips Homemade Black Bean & Corn Salsa	BBQ Chicken Teriyaki on Brown Rice Steamed Broccoli <i>Slushy</i>	French Toast Sticks ✓ Sweet Maple Syrup Crispy Tri-Tater	Chipotle Chicken and Cilantro Rice Bowl
13	14	15	16	17
<i>Tajita Chicken &amp; Cheddar Quesadilla w/Black Bean</i>	*Homemade Mac n' Cheese ✓ Steamed Broccoli	Chicago Style Hot Dog with all the Trimmings	Buttermilk Pancakes ✓ Seasoned Turkey Sausage Patty	Jumbo Cheese Ravioli and Garlic Bread
20	21	22 <i>Way Cool Wednesday</i>	23	24
No School Martin Luther King Day	**Crispy Chicken Drumstick Chili Lime Sweet Corn	**Salisbury Steak Smashed Potatoes and Gravy <i>Slushy</i>	Spaghetti Pasta with Meatballs & Garlic Bread	Sweet & Spicy Sticky Finger Wrap Crispy Tri-Tater
27	28	29	30	31
<i>Octo-Veggie &amp; Chicken Stir-Fry over Steamed Brown Rice</i>	<i>Pinto Bean Tacos w/Salsa &amp; Jalapeño Refried Beans</i>	Mini Corn Dogs Fresh Made Coleslaw	<i>Arborizza Flatbread Pizza</i>	<i>Spicy Sriracha Grilled Chicken Sandwich</i>
<b>Crispy, Regular or Spicy Baked Chicken Sandwich, Char Grilled Hamburgers &amp; Cheeseburgers</b> <b>Nacho Supreme, Nacho Supreme with Zesty Salsa and Jalapeños</b> <b>NEW! Plant Based Burger</b>				
<b>NEW</b> Plant Based Meatless Meatball Sub	<b>NEW</b> Plant Based Buddha Bowl	<b>NEW</b> Plant Based Lentil Pasta Marinara	<b>NEW</b> Plant Based Chicken-less Nuggets	<b>NEW</b> Plant Based Southwest Chicken-less Wrap
Italian Cheese ✓ or Pepperoni Pizza	Personal Pan Pizza ✓ or Max Cheese Sticks ✓	Italian Cheese ✓ or Pepperoni Pizza	Stuffed Crust Cheese Pizza ✓	Italian Cheese ✓ or Pepperoni Pizza
Spicy Buffalo Chicken Wrap	Caesar Chicken Wrap	Turkey & Cheese Wrap	Spicy Buffalo Chicken Wrap	*Turkey & Bacon Wrap
Fresh Veggie Mixed Garden ✓ or Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ or Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ or Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ or Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ or Caesar Chicken Salad

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

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

*Arbor Signature Recipe*



Woodland SD 50  
Middle School  
January 2020

**Lunch \$3.00**  
Milk is included with Meal

**Milk \$.50**  
A Variety of Milk is Available Daily

**Fresh 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 options available

*-Arbor Management-*

**Make Choices for a Healthy Lifestyle!**



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?  
 Daniel Lyon  
 arbor@dist50.net  
 847-856-4162

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

This institution is an equal opportunity employer.