



	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Italian Meatball Sandwich w/Mozzarella Cheese	4 ** Crispy Chicken Strips Homemade Black Bean & Corn Salsa	5 BBQ Chicken Teriyaki on Brown Rice Steamed Broccoli	6 French Toast Sticks ✓ Sweet Maple Syrup Crispy Tri-Tater	7 Early Dismissal No Lunch Served
	10 *BBQ Rib Sandwich Baked Potato Rounds	11 Homemade Mac n' Cheese ✓ Steamed Broccoli	12 Chicago Style Hot Dog with all the Trimmings	13 Buttermilk Pancakes ✓ Seasoned Turkey Sausage Patty	14 Baked Lasagna Rolls w/Mozzarella Cheese and Garlic Bread
	17 Cheese Enchiladas Homemade Black Bean & Corn Salsa	18 **Crispy Chicken Drumstick Chili Lime Sweet Corn	19 **Salisbury Steak Smashed Potatoes and Gravy	20 Rotini Pasta with Meatballs & Garlic Bread	21 Winter Break
	24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break
	31 Winter Break				
Fresh Fruit & Veggie Bar available daily with all lunches					
Crispy, Regular or Spicy Baked Chicken Sandwich Char Grilled Hamburgers and Cheeseburgers Nacho Supreme Nacho Supreme with zesty salsa and jalapeños					
	Italian Cheese ✓ or Pepperoni Pizza	Personal Pan Pizza ✓ 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 ✓ Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ Caesar Chicken Salad	Fresh Veggie Mixed Garden ✓ 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.					
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

Fresh Deli
Fresh Salads



Woodland SD 50
Middle School
December 2018

Lunch
\$2.95

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!


arbormgt.com



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.