



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Bosco Sticks	Crispy Buffalo Chicken Salad	Personal Pan Pizza
6	7	8	9	10
Walking Taco w/Sour Cream	Maple Madness Pancakes	Chicken Parmesan Sandwich	Bacon Cheeseburger	Chicken Nuggets
13	14	15	16	17
Stuffed Breadsticks w/Marinara Sauce	French Toast	BBO Ribette on a Roll	Meatballs Over Spaghetti	Popcorn Chicken
20	21	22	23	24
Wildcat Burger	Maple Madness Pancakes	Popcorn Chicken	Pizza Dippers	Chicken Tenders
27	28	29	30	31
NO SCHOOL MEMORIAL DAY	Popcorn Chicken Bowl	French Toast	Cheeseburger	NO SCHOOL SCHOOL IMPROVEMENT DAY

**Fresh Fruit & Veggie Bar available daily with all lunches**

**Crispy or Grilled Chicken Sandwich**  
**Grilled Burgers**  
**Nacho Supreme with Zesty Salsa and Jalapeños**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

Cheese or Pepperoni	Stuffed Crust Cheese	Cheese or Pepperoni	Cheesy Garlic Flatbread	Cheese or Pepperoni
Turkey and Cheese Wrap	Chicken Caesar Wrap	Turkey and Cheese Sub Lettuce/Tomato	Southwest Chicken Wrap	Turkey and Cheese Wrap
Crispy Chicken Salad or Grilled Chicken Salad	Buffalo Chicken Salad	Crispy Chicken Salad or Grilled Chicken Salad	Vegetarian Chef Salad or Chef Salad (Turkey & Cheese)	Crispy Chicken Salad or Grilled 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.**



## GLENN WESTLAKE MIDDLE SCHOOL MAY 2019

**Lunch**

**\$3.00**

Milk is Included with Meal

**Milk**

**\$.50**

A Variety of Milk Is Offered 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!**



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

**Questions about the menu?**

Jennifer Caputo Casey  
jcaputo@sd44.org

630-827-4594

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