



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			**Salisbury Steak Mashed Potatoes	Pizza Dippers
5	6	7	8	9
Bacon Burger Tri-Tater (1)	Maple Madness Pancakes	Chicken Nuggets W/Pretzel Stick	Chicken Tacos	Pizza Burger
12	13	14	15	16
Walking Taco w/Sour Cream	BBQ Ribette on a Roll	Sloppy Joe	Meatball Bomber on a Roll	Roast Turkey & Gravy
19	20	21	22	23
NO SCHOOL CONFERENCES	NO SCHOOL CONFERENCES	NO SCHOOL NON- ATTENDANCE DAY	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK
26	27	28	29	30
Walking Tacos w/Sour Cream	Stuffed Breadsticks w/Marinara Sauce	Chicken Tenders	Smothered Meatballs over Mashed Potatoes	Crunchy Mini Corn Dogs Tri- Tater (1)

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
NOVEMBER 2018

Lunch
\$3.00

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?
Jennifer Caputo Casey
jcaputo@sd44.org
630-827-4594

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

