



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

| Monday                                     | Tuesday                      | Wednesday                   | Thursday                       | Friday                                    |
|--|------------------------------|-----------------------------|--------------------------------|---|
|  |                              |                             |                                | 1<br>Wildcat Burger                       |
| 4<br>Walking Taco w/Sour Cream             | 5<br>Maple Madness Pancakes  | 6<br>Wildcat Burger         | 7<br>Italian Sausage Bake      | 8<br>Chicken Nuggets                      |
| 11<br>Stuffed Breadsticks w/Marinara Sauce | 12<br>French Toast           | 13<br>BBQ Ribette on a Roll | 14<br>Meatballs Over Spaghetti | 15<br>NO SCHOOL PM SCHOOL IMPROVEMENT DAY |
| 18<br>NO SCHOOL PRESIDENTS' DAY            | 19<br>Maple Madness Pancakes | 20<br>Popcorn Chicken       | 21<br>Pizza Dippers            | 22<br>Chicken Tenders                     |
| 25<br>Walking Taco w/Sour Cream            | 26<br>Chicken & Waffle       | 27<br>Mini Corn Dogs        | 28<br>Orange Chicken over Rice |   |

**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 FEBRUARY 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**

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**630-827-4594**

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

