



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bacon Burger Tri-Tater (1)	4 Maple Madness Pancakes	5 Wildcat Burger	6 Mini Corn Dogs	7 Chicken Nuggets
10 Walking Taco w/Sour Cream	11 French Toast	12 BBQ Ribette on a Roll	13 Meatballs Over Spaghetti	14 Salisbury Steak Mashed Potatoes
17 Stuffed Breadsticks w/Marinara Sauce	18 Maple Madness Pancakes	19 Pasta w/Marinara	20 Pizza Dippers	21 Roast Turkey & Gravy
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 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 DECEMBER 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](mailto:jcaputo@sd44.org)**  
**630-827-4594**

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