



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

| Monday                                      | Tuesday                | Wednesday             | Thursday                 | Friday                  |
|---|------------------------|-----------------------|--------------------------|-------------------------|
|   | 1                      | 2                     | 3                        | 4                       |
|   | WINTER BREAK           | WINTER BREAK          | WINTER BREAK             | WINTER BREAK            |
| 7   | 8                      | 9                     | 10 NEW ITEM              | 11                      |
| Walking Taco w/Sour Cream                   | Maple Madness Pancakes | Wildcat Burger        | Italian Sausage Bake     | Chicken Nuggets         |
| 14  | 15                     | 16                    | 17                       | 18                      |
| Stuffed Breadsticks w/Marinara Sauce        | French Toast           | BBO Ribette on a Roll | Meatballs Over Spaghetti | NO SCHOOL INSTITUTE DAY |
| 21  | 22                     | 23                    | 24                       | 25                      |
| NO SCHOOL MARTIN LUTHER KINGS JR'S BIRTHDAY | Maple Madness Pancakes | Popcorn Chicken       | Pizza Dippers            | Chicken Tenders         |
| 28  | 29                     | 30                    | 31                       |                         |
| Walking Taco w/Sour Cream                   | Chicken & Waffle       | Mini Corn Dogs        | 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  
JANUARY 2019

**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.