

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
				Bacon Cheeseburger Seasoned Corn	Buffalo Chicken Sandwich Garlic Green Beans
5	6	7	8	9	
Grilled Cheese V BBQ Vegetarian Beans	Meatball Sub w/Garden Marinara	Chicken Tenders** Seasoned Corn	French Toast V Sausage Tri-Tater (1)	Parmesan Chicken Sandwich	
12	13	14	15	16	
Chicken Nuggets** Seasoned Green Beans	Bacon Cheeseburger Tri-Tater (1)	Cheese Quesadilla V Black Beans Seasoned Corn	Hot Turkey & Cheese Sandwich	Jumbo Hot Dog BBQ Vegetarian Beans	
19	20	21	22	23	
Chicken Fajita Black Beans Seasoned Corn	Chicken Tenders** Seasoned Green Beans	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	
26	27	28	29	30	
Maple Waffles V Sausage Tri-Taters	Western Burger BBQ Vegetarian Beans	Stuffed Pizza Sticks V w/Garden Marinara	Mini Corn Dogs Seasoned Corn	Pizza Burger Garlic Green Beans	
Fresh Fruit & Veggie Bar available daily with all lunches					
Crispy or Spicy Chicken Sandwich Grilled Cheeseburgers Nacho Supreme with zesty salsa and jalapeños					
Pepperoni Pizza	Stuffed Crust Cheese Pizza V	Sausage Pizza	Cheesy Garlic Flatbread V	Cheese Pizza V	
Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich	Turkey & Cheese Sub Or Cheese Sandwich V	Turkey & Cheese Sub Or Cheese Sandwich V	
Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V	Crispy Chicken Salad or Vegetarian Chef Salad V	
V=Vegetarian option available **Served with a roll *Contains or may contain pork ingredients.					

Includes fruit and vegetable choices, whole grains breads and rolls and milk

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli Salads



Westview Hills Lunch Menu NOVEMBER 2018

**Lunch
\$3.00**

**Milk
\$.30**

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!

arbor.mgt.com

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

Questions about the menu?
Sarah Miller
Email: smiller@maercker.org
Phone : (630) 515-4895

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